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## **Osteochondral Autograft Transfer Surgery (OATS) and Osteochondral Allograft Transplant Surgery – Rehab Protocol**

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after Microfracture surgery of the patella or trochlea. This protocol is based on a review of the best available scientific studies regarding microfracture. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist requires assistance in the progression of a post-operative patient they should consult with Dr. Seneviratne.

**Progression to the next phase based on Clinical Criteria and/or Time Frames as appropriate.**

### **Phase One (0-6 weeks)**

- Decrease pain.
- Non Weight Bearing as with crutches.
- Brace
  - 0-1 week
  - Locked in full extension at all times. Remove for CPM and exercises only.
  - 2-4 weeks
  - Gradually open brace in 20deg increments as quad control is gained.
  - Discontinue use of brace when quads can control SLR without an extension
- Range of Motion
  - 0-6 weeks:
    - CPM: use for 6-8 hours per day - begin at 0-40deg, 1 cycle/minute - increasing 5-10deg daily per patient comfort. Patient should gain 100deg by week 6
    - Therapeutic exercises 1- 4 weeks
  - PROM/AAROM to tolerance
  - Patella and tibiofibular joint mobs (grades I & II)
  - Stationary bike for ROM
  - Quad, hamstring, adduction, and gluteal sets
  - Hamstring stretches
  - Hip strengthening
  - SLR
  - Ankle pumps

### **Phase Two (6-8 weeks)**

- Weight bearing – progress to full weight bearing as tolerated.
- Brace
  - None.



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- Range of motion
  - Gradually increase flexion.
  - Patient should obtain 130deg of flexion
- Therapeutic exercises
  - Gait training
  - Scar and patellar mobs
  - Quad/hamstring strengthening
  - Begin closed chain activities (wall sits, shuttle, mini-squats, toe raises)
  - Begin unilateral stance activities

### **Phase Three (8 to 12 weeks)**

- Weight bearing as tolerated with normalized gait pattern
- Brace – none
- ROM – gain full and pain free motion
- Therapeutics
  - Treadmill – walking progress to jogging
  - Advance closed chain strengthening
  - Stairmaster, balance, and proprioception activities
  - Sport specific training at 6 months.
- Initiate plyometric program at 6-9months post op.