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**Post-Operative Rehabilitation Guidelines for
Osteochondral Allograft Transplant (OATS)**

0-6 Weeks:

- Strict NWB with crutches
- ROM as tolerated when not weightbearing
- Knee immobilizer until quad control is adequate
- Quad sets, Patellar mobilization, SLR

6-8 Weeks:

- Progress to Full WB by 6 weeks post op
- D/C any immobilizer
- Begin Active ROM as tolerated. Advance to full ROM.
- SLR, Closed Chain Quad Strengthening, Hip Strengthening
- May initiate stationary bike for ROM.

8-12 Weeks:

- Full Pain free ROM
- Begin closed chain activities (wall sits, mini-squats, lunges, shuttle)

12 weeks:

- Normal pain free gait.
- Progressive Active strengthening
- Begin sports specific exercises