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

0-6 Weeks:

- Strict NWB with crutches
- Knee immobilizer until quad control is adequate
- CPM 0-90 degrees
- Quad sets, Patellar mobilization, SLR
- From 2 weeks on: Side lying hip and core, advance quad set and stretching

6-8 Weeks:

- Progress to Full WB by 8 weeks post op
- D/C immobilizer
- Begin Active ROM as tolerated. Caution over 90 degrees of flexion to protect posterior horn of meniscus
- Heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings. Advance core, glutes and pelvic stability

8-12 Weeks:

- Full Pain free ROM
- Progress closed chain activities (wall sits, mini-squats, lunges, shuttle)
- Advance hamstring work, lunges/leg press 0-90 degrees only, proprioception/balance exercises
- Begin stationary bike

12 weeks:

- Progress phase III and functional activities
- Walking lunges, planks, bridges, swiss ball, half bosu exercises
- Advance core/glutes and balance