



OATS/ACI to Femoral Condyle (Auto/Allograft)



ADVANCED
ORTHOPAEDIC
SPECIALISTS

*****IF IN CONJUNCTION WITH PATELLAR OATS/ACI, FOLLOW PATELLAR PROTOCOL*****

Phase	Weight Bearing	Range of Motion	Precautions	Therapeutic Exercise
Phase I <i>Weeks 0 - 4</i>	BMI>35: TTWB BMI<35: TTWB	CPM: 2 hour increments, 6 - 8 hours/day, begin 0-30 degrees, 1 cycle/minute Increase 5 - 10 degrees/day	Crutches and immobilizer brace for ambulation	Quad sets, Hamstring isometrics, Hip AROM, Seated Ankle Therabands, Heel Slides, Seated LE stretching <i>Avoid prone SLR</i>
Phase II <i>Weeks 4 - 8</i>	BMI>35: Increase 33% WB weekly BMI<35: Increase 50% WB weekly	Week 4: 90 degrees Week 6: 120 - 130 degrees	Unloader brace for weight bearing	Recumbent bike to tolerance, TKE, Seated Theraband Hamstring, Clamshells, Standing Hip 3 way, Heel Raise with regard to WB
Phase III <i>Weeks 8 - 12</i>	WBAT	Full and pain free ROM	Limit unilateral CKC activity Unloader brace with activity	LE machines (leg press, HS curl, multi hip), resisted walkout, STS, 2-4" step up, begin balance
Phase IV <i>Weeks 12 - 24</i>	WBAT	Full and pain free ROM	Unloader brace with activity	Eccentric control (tempo mini squat, retro ambulation), proprioceptive training
Phase V <i>6 Months+</i>	WBAT	Full and pain free ROM	Unloader brace with activity	Advanced plyometrics and return to sport