



## OATS/ACI to Patella (Auto/Allograft)

with or without TTO

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

Phase	Weight Bearing	Range of Motion	Precautions	Therapeutic Exercise
Phase I <i>Weeks 0 - 6</i>	Weeks 0 - 2: NWB  Weeks 2 - 6: TTWB	CPM: 2 hour increments, 6 - 8 hours/day, begin 0-30 degrees, 1 cycle/minute  Increase 5 - 10 degrees/day  Week 4: 90 degrees Week 6: 110 degrees	Ambulation: crutches & extension locked immobilizer  Sleeping: extension locked immobilizer	Quad sets, Hamstring isometrics, Hip AROM, Seated Ankle Therabands, Heel Slides, Seated LE stretching, NMES to quad  <i>Avoid prone SLR</i>
Phase II <i>Weeks 6 - 8</i>	Increase 50% WB weekly	Progress ROM as tolerated	Ambulation: crutches & extension locked immobilizer  D/C immobilizer: WBAT, full extension, 10 SLRs without extension lag	Recumbent bike within ROM, 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

\* If patella procedure performed in conjunction with femoral condyle