

Seth C. Gamradt, MD
Orthopedic Surgery and Sports Medicine
UCLA Department of Orthopaedic Surgery
310.319.1234 APPT
310.825.0902 OFFICE
310.825.3338 FAX
CA License: A769260



Patient Sticker Here

Date

OSTEOCHONDRAL AUTOGRAFT TRANSFER (OATS)

****Knee brace** thru 6 weeks

****Non-weightbearing with crutches** x6 weeks (TTWB ok for patella/trochlea)

****CPM** ~ 4-6 hours daily x6 weeks, start 0-60 degrees post-op, progress to 110 degrees by 6 weeks, and full ROM by 12 weeks post-op.

ROM Exercises: Week 0 - 6: 0-110 degrees

(goal 90 degrees flexion by week 3, 110 degrees by week 6)

Isometric quad sets and SLR: start immediately post-op

wear knee immobilizer during SLR

may apply e-stim for poor quad function

Pre Progression – Emphasize VMO Strengthening

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic
- Eccentric open chain isokinetics (performed in 90-30 deg arc)
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal

- Gentle multi-directional patella mobilization immediately after surgery
- Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions 2-3 weeks post-op
- Hamstring/adductor/abductor/quadriceps/Achilles stretching
- Whirlpool therapy if available at 2-3 weeks post-op to enhance motion
- Stationary bicycle with no resistance once 90 degrees knee flexion obtained (~4 weeks)
- Anti-inflammatory modalities as needed (US/massage/e-stim)
- Cryotherapy and compression stockings/TEDS for swelling and pain control

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