



OATS/ACI to Patella (Auto/Allograft)

with or without TTO

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

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| 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