

OATS (Osteoarticular Transfer System)

General

Full passive range of motion
Flat foot weight-bearing for 6 weeks in crutches
Brace from 0-90 for 6 weeks
Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1

CPM 0-30 and advance to 0-90 as tolerated
Extension/flexion—wall slides, prone hangs
Patellar mobilization
Ankle pumps
Quad sets with straight leg raises
Modalities as necessary to decrease swelling

Weeks 1-2

Continue week 1 activities
Hamstring sets

Weeks 2-6

Continue week 2 activities
Achilles, calf and hamstring stretching (sit and reach with towel)
Stationary bike with both legs with gradual increased resistance

Weeks 6-10

Protected weight-bearing with gradual wean off crutches
Treadmill 7% walk
Toe/heel raises
Double knee bends
Swimming with fins

Weeks 10-16

Single knee bends
Quads-specific strengthening exercises
Rowing/erg machine
Outdoor biking

Weeks 14

Return to run program
– Elliptical → treadmill → outdoor running
Leg press to 90° with weights
Leg curls with no hyperextension

Weeks 16

Sport-specific training with gradual return to agility exercises
