



**HUGHSTON**  
CLINIC

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# ORTHOPAEDICS

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**Patient Name:**

**Date:**

**Date of surgery:**

**OATS Procedure: Weightbearing Femoral Condyle  
Stage I: Healing Phase (0-6 weeks)**

**\*\*Knee immobilizer or brace** thru 6 weeks

**\*\*Non-weightbearing with crutches** x6 weeks (TTWB ok)

**\*\*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



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- 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