



# HEALTH

## UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

### **Osteochondral Allograft Transfer (OATS)**

#### **Surgery:**

- 1.5-2 hours long
- Outpatient Surgery
- Anesthesia may offer a local nerve block in the case of a repair to help with pain control

#### **Surgical Goals:**

- Remove a plug of bone from the region needing cartilage restoration, followed by implantation of allograft osteochondral plug
- Resection and debridement of other structures as needed

#### **General Timeline After Surgery:**

- **0-1 week** Post Op: Strict non weight bearing through 4 weeks, progressing to full weight bearing around 6 weeks post op. Motion progression will be determined based on where your lesion is.
- **1-6 weeks** Post Op: Begin therapy as needed to advance motion returning to weight bearing at 4-6 week timeframe.
- **6-12 weeks** Post Op: begin to return to activity as tolerated, limiting pounding activities. Stationary bike is a great option for getting motion back and building strength in the quads and hamstrings, but elliptical is also a reasonable option.
  - **3-4 months** Post Op: Begin return to full activity still restricting any pounding.
- **4-6 months** Post Op: Gradual return to lifting and repetitive activity and sports. Continue to progress therapy and home exercise program.
- **Return to work will largely depend on the type of work you do. Light desk work at a keyboard can begin immediately, while any lifting or repetitive motions may not be approved until 3-4 months post op.**
  - **Post Op appointments generally scheduled around 1-2 weeks, 6 weeks, 3 months and 6 months**

#### **Dr. Burks' Team Contact Info:**

**For More info, please see [robertburksmd.com](http://robertburksmd.com)**

##### **Clinic/Pre and Post Op Questions**

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##### **Clinic/Work Letters**

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##### **Surgery Scheduling**

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