



# Cartilage Repair Center

Tom Minas, MD, MS

901 45th Street, Kimmel Building  
West Palm Beach, FL 33407

P: 561-844-5255

F: 561-844-5945

Ash Itinger, Admin Ext 246  
[www.cartilagerepaircenter.org](http://www.cartilagerepaircenter.org)  
[www.paleyinstitute.org](http://www.paleyinstitute.org)

**Weight-bearing Femoral Condyle**  
Autologous Chondrocyte Transplantation  
Stage 2- Transitional Phase (7-12 weeks)

## PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

### **BRACE**

♦Knee immobilizer with ambulation until good quad control/independent SLR

### **GAIT**

♦Use bathroom scale to progress as follows:

Weeks 7 & 8

PWB 1/3 Body Weight

Weeks 9 & 10

PWB 2/3 Body Weight

Weeks 11 & 12

FWB with crutches

Week 13+

Crutch, Cane, or No Device as tolerated

\*Progress per guidelines above as pain allows.

### **ROM**

♦Full AROM and gentle PROM.

♦CPM may be discontinued.

### **THEREX**

♦Low weight (max 10-20 lbs.) open-chain leg extension and curl.

♦Stationary bicycle with gradual increased tension per level of comfort

♦Continue quad sets, SLR in brace, leg curl and heel

♦Strengthen quadriceps, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated

♦Gentle closed chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction

### **THERAPY**

♦Continue multi-directional patella mobilization as needed.

♦Whirlpool or pool therapy as available to enhance ROM and quadriceps/hamstring muscle control.

♦E-stim for VMO/quadriceps muscle re-education/biofeedback as needed

♦Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions

### **COMMENTS**

♦Activity level should be modified if increased pain, catching, or swelling occurs.

♦No progression of this protocol until cleared by MD at 12 weeks post-op.

♦No open-chain strengthening permitted until 6 months after surgery.

♦No closed-chain leg press or squatting

For Outpatient Physical Therapist:

2-3x week / 6 weeks



**ORTHOPEDIC & SPINE INSTITUTE**

at St. Mary's Medical Center