



Cartilage Repair Center

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Weightbearing Femoral Condyle

Autologous Chondrocyte Transplantation

Stage 3- Remodeling Phase (13+ weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE

♦No Brace required with good quad control

GAIT

♦Full weight-bearing as tolerated with crutch or cane as needed/pain allows

ROM

♦Continue full AROM and gentle PROM exercises
♦CPM may be discontinued

THEREX

♦Resisted open-chain exercise with ≤ 20 lbs to be progressed as tolerated after 6 months
♦Closed-chain exercise to promote knee stability and proprioception through full ROM tolerated
♦Cycling on level surfaces permitted with gradual increase in tension per level of comfort
♦Treadmill walking encouraged
♦Rollerblading permitted at 6-7 months

THERAPY

♦Continue multi-directional patella mobilization as needed
♦Pool therapy as available to enhance ROM and quadriceps/hamstring muscle control
♦E-stim for VMO/quadriceps muscle re-education/biofeedback as needed
♦Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/late gutters and infrapatellar regions
♦Cryotherapy for edema control

COMMENTS

♦Activity level should be modified if increased pain, catching, or swelling occurs
♦No pivoting sports should be started until after MD clearance at 12 months
♦No squats, no leg presses allowed

For Outpatient Physical Therapist:

2-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center