



# Cartilage Repair Center

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[www.cartilagerepaircenter.org](http://www.cartilagerepaircenter.org)

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## Autologous Chondrocyte Transplantation

DFVO/TTO + PF

Stage 3- Remodeling Phase (13+ weeks)

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### PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

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#### **BRACE**

♦Hinged-knee brace discontinued once independent SLR achieved

#### **GAIT**

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

#### **ROM**

♦Progress towards full ROM equal to contralateral side

#### **THEREX**

♦Stationary bicycling with low resistance as tolerated

♦Treadmill forward/retro-walking encouraged

♦Nordic track and elliptical machine permitted after 6 months

♦Inline skating permitted after 9 months

♦Continue gentle closed-chain LE strengthening through functional range – terminal knee extension 0-40 degrees and 120-70 degrees extension from flexed position

♦Full active flexion with resistance permitted

♦Open-chain terminal extension with resistance **NOT** permitted

#### **THERAPY**

♦Multi-directional patella mobilization as needed

♦Continue cryotherapy and Ace wrap for edema control

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

♦STM to scar, hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions

#### **COMMENTS**

♦Physical assessment by MD required before full activities resume at approximately 1 year after surgery

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

For Outpatient Physical Therapist:

2-3x week / 6 weeks



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