



# Cartilage Repair Center

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## **Weight-bearing Femoral Condyle & Tibial Tubercle Osteotomy**

Autologous Chondrocyte Transplantation PT Protocol (#1)

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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<b>BRACE</b>	♦No Brace required with good quad control
<b>GAIT</b>	♦Full weight-bearing as tolerated with crutch or cane as needed/pain allows
<b>ROM</b>	♦Continue full AROM and gentle PROM exercises ♦CPM may be discontinued
<b>THEREX</b>	♦Resisted open-chain exercise with $\leq 20$ 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
<b>THERAPY</b>	♦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
<b>COMMENTS</b>	♦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