



Cartilage Repair Center

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Autologous Chondrocyte Transplantation

DFVO/TTO + PF

Stage 2- Transitional Phase (7-12 weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE

- ♦Hinged-knee brace discontinued once independent SLR achieved

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, as tolerated

*Progress per guidelines above as pain allows.

ROM

- ♦A/AAROM flexion and extension as tolerated
- ♦CPM may be discontinued.

THEREX

- ♦Quad sets, SLR with brace locked as needed, leg curl/heel slides, hip abduction/extension with ankle weights and/or band resistance as tolerated
- ♦Stationary bicycle without resistance as tolerated
- ♦Pool exercise using kickboard – flutter/straight leg, scissor kick only (no whip kick)
- ♦Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction
- ♦**NO** open-chain strengthening permitted until 6 months after surgery
- ♦**NO** closed-chain leg press or squatting

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

- ♦No resistance permitted with stationary bicycle until 6 months after surgery
- ♦No progression of this protocol until cleared by MD at 12 weeks post-op

For Outpatient Physical Therapist:

2-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center