



# Cartilage Repair Center

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**Weight-bearing Femoral Condyle/PF**  
Autologous Chondrocyte Transplantation PT Protocol (#5)  
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 w 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

### **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



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