



Cartilage Repair Center

Tom Minas, MD, MS

901 45th Street, Kimmel Building
West Palm Beach, FL 33407

P: 561-844-5255

F: 561-844-5945

Ash Itinger, Admin Ext 246
www.cartilagerepaircenter.org
www.paleyinstitute.org

Autologous Chondrocyte Transplantation

DFVO/TTO + PF

Stage 3- Remodeling Phase (13+ 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

♦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



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center