



Cartilage Repair Center

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Weight-bearing Femoral Condyle + Patellofemoral (No Osteotomy)

Autologous Chondrocyte Transplantation

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 ♦Elliptical machine permitted at 3 months ♦Inline skating permitted at 6-7 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 No active open-chain exercises due to increased patellofemoral contact forces
THERAPY	♦Multi-directional patella mobilization as needed ♦Cryotherapy and ACE wrap for edema control as needed ♦E-stim for VMO/quadriceps muscle re-education/biofeedback as needed ♦Massage/deep friction to scar, hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
COMMENTS	♦Physical assessment by MD and MRI 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