



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

Weightbearing Femoral Condyle

Autologous Chondrocyte Transplantation

Stage 1 – Proliferative Phase (0-6 weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE	<ul style="list-style-type: none">♦Hinged knee brace locked in full extension during ambulation until good quad control/independent SLR achieved. May be out of brace for chair and CPM♦Hinged knee brace discontinued once independent SLR achieved
PRECAUTIONS	<ul style="list-style-type: none">♦Heel-toe TDWB with crutches
ROM	<ul style="list-style-type: none">♦Gentle PROM/AAROM and full AROM as tolerated. Open chain short arc and long arc quadricep exercises permitted♦CPM minimum 3 hours per day beginning at 40 degrees of flexion and progressing as tolerated♦Leg dangle every hour, each day to regain flexion ROM. Begin at 90 degree leg dangle, and use nonoperative leg to assist with increased flexion♦Goal: Minimum 90 degrees flexion by 3 weeks, 110 degrees by 6 weeks, and full ROM by 12 weeks post-op
THEREX	<ul style="list-style-type: none">♦Quad sets, SLR in knee immobilizer, leg curls/heel slides, hip abduction/extension. No ankle weights or band resistance permitted in stage 1♦Stationary bicycle no resistance once 90 degrees knee flexion obtained (~3 weeks)
THERAPY	<ul style="list-style-type: none">♦Multi-directional patella mobilization immediately after surgery♦Cryotherapy and ACE wrap for swelling and pain control.♦E-stim for VMO/quadriceps muscle re-education/biofeedback encouraged early after surgery if needed.♦Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar fat pad region 2-3 weeks after surgery♦Pool therapy recommended at 2-3 weeks post-op to enhance motion
COMMENTS	<ul style="list-style-type: none">♦Contact MD if ROM not achieved to within 20 degrees of goal♦No resistance permitted with stationary biking until cleared by MD♦Activity level should be modified if increased pain, catching, or swelling occurs

For Outpatient Physical Therapist:

2-3x week / 6 weeks