



Cartilage Repair Center

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Weightbearing Femoral Condyle Autologous Chondrocyte Transplantation 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, or no device as tolerated

*Progress per guidelines above as pain allows

ROM

♦Gentle PROM/AAROM and full AROM

♦CPM may be discontinued

THEREX

♦Low weight (max 10-20 lbs.) open-chain leg extension and curls (short arc and long arc quadricep open-chain exercises permitted)

♦Stationary bicycle with gradual increased tension per level of comfort

♦Continue quad sets, SLR, leg curls/heel slides

♦Strengthen quadriceps, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated

♦Gentle closed chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction

♦Permitted to begin blood flow restriction (BFR) therapy

THERAPY

♦Multi-directional patella mobilization as needed

♦Cryotherapy and ACE wrap for edema control

♦Pool therapy as available to enhance ROM and quadriceps/hamstring muscle control.

♦E-stim for VMO/quadriceps muscle re-education/biofeedback

♦Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions

COMMENTS

♦**NO** leg press or squatting

♦**Activity level should be modified if increased pain, catching, or swelling occurs**

For Outpatient Physical Therapist:

2-3x week / 6 weeks