



Cartilage Repair Center

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Weightbearing Femoral Condyle
Osteochondral Allograft Transplantation
Stage 2 (7-12 weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT
INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY
RESTORE QUADRICEPS CONTROL

| | |
|--------------------|--|
| BRACE | ♦Knee immobilizer with ambulation until good quad control/independent SLR |
| PRECAUTIONS | ♦Increase to WBAT with crutch or cane as needed/pain allows |
| ROM | ♦Continue full AROM and gentle AAROM exercises ♦CPM may be discontinued |
| THEREX | ♦Cycling on level surfaces permitted with gradual increase in tension per level of comfort ♦Treadmill walking encouraged ♦Low weight (max 10-20 lbs) open-chain leg extension and curl ♦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 |
| THERAPY | ♦Continue multi-directional patella mobilization as needed ♦Pool therapy as available to enhance ROM and quadriceps/hamstring muscle control ♦E-stim for VMO/quadriceps muscle re-education/biofeedback as needed. ♦Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions ♦Cryotherapy for edema control |
| COMMENTS | ♦Activity level should be modified if increased pain, catching, or swelling occurs ♦No pivoting sports should be started until after MD clearance at 6 months |

For Outpatient Physical Therapist:
1-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center