



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

Osteochondral Allograft Transplantation + High Tibial Osteotomy (HTO)

Weightbearing Femoral Condyle
Stage 1 (0-6 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/SLR (~3-6 weeks)
- PRECAUTIONS** ♦Heel-toe TDWB with crutches
- ROM** ♦Full AROM and gentle AAROM
♦CPM 3 hours minimum daily x 3-6 weeks. Progress range as tolerated
♦Goal: Minimum 90 degrees flexion by 3 weeks, 110 degrees by 6 weeks, and full ROM by 12 weeks post-op
- THEREX** ♦Quad sets, SLR in knee immobilizer as needed, leg curl/heel slides, hip abduction
♦Stationary bicycle no resistance once 90 degrees knee flexion obtained (~3 weeks)
- THERAPY** ♦Gentle 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
♦Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps medial/lateral gutters, and infrapatellar fat pad region 2-3 weeks after surgery
♦Whirlpool therapy recommended at 2-3 weeks post-op to enhance motion
- COMMENTS** ♦Contact MD if ROM not achieved to within 20 degrees of goal
♦No progression of this protocol until cleared by MD at 6 weeks post-op

For Outpatient Physical Therapist:
2-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE
at St. Mary's Medical Center