**Weight Bearing Femoral Condyle/PF**  
Autologous Chondrocyte Transplantation PT Protocol (#5)  
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+: Single crutch, cane as tolerated  
  - * Progress per guidelines above as pain allows

### ROM

- A/AAROM flexion and extension as tolerated  
- CPM may be discontinued

### THEREX

- Quad sets, SLR with brace locked as needed, leg curl/heel slides, hip abduction/extension with ankle weights and/or band resistance as tolerated  
- Stationary bicycling without resistance as tolerated  
- Pool exercise using kickboard- flutter/straight leg scissor kick only (no whip-kick)  
- Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted at 9-10 weeks as tolerated per weightbearing restriction

### THERAPY

- Multi-directional patella mobilization as needed  
- Continue cryotherapy and compression stockings for edema control  
- E-stim for VMO/quadriceps muscle re-education/biofeedback as needed  
- STM to scar, hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions

### COMMENTS

- No resistance permitted with stationary bicycle until 6 months after surgery  
- No progression of this protocol until cleared by MD a 12 weeks post-op

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