



Cartilage Repair Center

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Autologous Chondrocyte Transplantation PT Protocol Stage 2- Transitional Phase (7-12 weeks)

Femoral Condyle Defect

PRIMARY GOALS

DO NOT OVERLOAD GRAFT
INCREASE TIBIOFEMORAL AND PATELLOFEMORAL MOBILITY
RESTORE QUADRICEPS CONTROL

- BRACE** ♦ Knee brace may be discontinued once independent SLR achieved
- PRECAUTIONS** ♦ Weeks 7 & 8: 50% weightbearing, weeks 9+: full weightbearing
- ROM** ♦ Full AROM and gentle PROM exercises
♦ Progress towards full ROM by 12 weeks
- THEREX** ♦ Low weight (max 10-20lbs.) open-chain leg extension and curl
♦ Stationary bicycle with gradual increased tension per level of comfort
♦ Continue quad sets, SLR in brace, leg curl and 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
- THERAPY** ♦ Gentle multi-directional patella mobilization
♦ Cryotherapy and compression stockings/TEDS for swelling and pain control
♦ E-stim for VMO/quadriceps muscle re-education/biofeedback encouraged
♦ Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar fat pad region
♦ Pool therapy recommended to enhance motion
- COMMENTS** ♦ Activity level should be modified if increased pain, catching, or swelling occurs
Progression of activity may resume once comfort level returns
♦ No progression of this protocol until cleared by M.D at 12 weeks post-op.