



Cartilage Repair Center

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Autologous Chondrocyte Transplantation PT Protocol Stage 3- Remodeling Phase (13+ weeks)

Femoral Condyle Defect

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIOFEMORAL AND PATELLOFEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

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|--------------------|---|
| BRACE | <ul style="list-style-type: none">◆ None |
| PRECAUTIONS | <ul style="list-style-type: none">◆ Full weightbearing as tolerated |
| ROM | <ul style="list-style-type: none">◆ Progress towards full ROM equal to contralateral side |
| THEREX | <ul style="list-style-type: none">◆ Resisted open-chain exercise with ≤ 20 lbs to be progressed as tolerated after 6 months◆ Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated◆ Cycling on level surfaces permitted with gradual increase in tension per level of comfort◆ Treadmill walking encouraged.◆ Rollerblading permitted at 6-7 months. |
| THERAPY | <ul style="list-style-type: none">◆ Multi-directional patella mobilization as needed◆ Cryotherapy and compression stockings/TEDS as needed◆ E-stim for VMO/quadriceps muscle re-education/biofeedback as needed |
| COMMENTS | <ul style="list-style-type: none">◆ Activity level should be modified if increased pain, catching, or swelling occurs◆ No pivoting sports should be started until after MD clearance at 12 months◆ No Squats, No Leg presses allowed.◆ Continued improvement in comfort occurs for 2-3 years before maximal outcome is achieved |



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