Cartilage Repair Center

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Autologous Chondrocyte Transplantation
DFVO/TTO+PF
Stage 2- Proliferative 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:(**if DFVO Performed**)

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-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
- No open-chain strengthening permitted until 6 months after surgery
- No closed-chain leg press or squatting

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

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

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