



# Cartilage Repair Center

**Tom Minas, MD, MS**

901 45<sup>th</sup> Street, Kimmel Building  
West Palm Beach, FL 33407  
P: 561-844-5255  
F: 561-844-5945

**Gwen Watkins, Admin**  
Ext 246

[www.cartilagerepaircenter.org](http://www.cartilagerepaircenter.org)  
[www.paleyinstitute.org](http://www.paleyinstitute.org)

## **Autologous Chondrocyte Transplantation Patella/Femoral (Patella, Trochlea or Both) Stage 2- Transitional Phase (7-12 weeks)**

### **PRIMARY GOALS**

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL FEMORAL AND PATELLA FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

#### **BRACE GAIT ROM**

- ◆ Hinged knee brace may be discontinued once independent SLR achieved
- ◆ Full weightbearing as tolerated
- ◆ A/AAROM flexion and extension permitted
- ◆ Progress towards full ROM by 12 weeks

#### **THEREX**

- ◆ Stationary bicycling without resistance for short intervals (5 min 2-3x/day) as tolerated
- ◆ Decrease interval length or resistance if pain, catching, or swelling is excessive. This should be a comfortable activity.
- ◆ Strengthening of quadriceps, hamstrings, and hip abductors/extensors using elastic band isometrics and closed-chain terminal knee extension 0-40 degrees only
- ◆ Backward treadmill walking with safety bars recommended for reduced patella-femoral compressive forces.
- ◆ Pool exercise using kickboard allowed- flutter/straight leg scissor kick only (No frog

kicks)

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

#### **THERAPY**

- ◆ Multi-directional patella mobilization immediately after surgery
- ◆ Cryotherapy and compression stockings/TEDS for swelling and pain control
- ◆ E-stim for VMO/quadriceps muscle re-education/biofeedback encouraged early after surgery if needed
- ◆ Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar fat pad region at 2-3 weeks post-op
- ◆ Whirlpool therapy recommended 2-3 weeks post-op 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.

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



**ORTHOPEDIC & SPINE INSTITUTE**

at St. Mary's Medical Center