



# Cartilage Repair Center

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## Autologous Chondrocyte Transplantation Patella/Femoral (Patella, Trochlea or Both) Stage 3- Remodeling Phase (13+ weeks)

### PRIMARY GOALS

DO NOT OVERLOAD GRAFT  
INCREASE TIBIAL FEMORAL AND PATELLA FEMORAL MOBILITY  
RESTORE QUADRICEPS CONTROL

<b>BRACE</b>	♦Not needed
<b>PRECAUTIONS</b>	♦Full weightbearing with cane as needed
<b>ROM</b>	♦Progress towards full ROM
<b>THEREX</b>	♦Stationary bicycling as tolerated avoiding pain and excessive swelling. (Mild swelling noted up to 6 months.) ♦Treadmill forward/retro-walking, Nordic track and elliptical machine permitted ♦Pool exercise- flutter/straight leg scissor kick and running in water permitted(No Frog Kick) ♦Full active flexion with resistance permitted ♦Open-chain terminal extension with resistance <b>not</b> permitted
<b>THERAPY</b>	♦Continue multi-directional patella mobilization as needed ♦Continue cryotherapy and STM for edema control ♦ <b>E-stim</b> for VMO/quadriceps muscle re-education/biofeedback as needed ♦STM to scar, hamstring insertions, quadriceps, patella gutters, and supra/infrapatellar regions Patellar / McConnell taping for lateral patellar tracking.
<b>COMMENTS</b>	♦Activity level should be modified if increased pain, catching, or swelling occurs ♦Avoid activity/exercises with excessive patellofemoral compressive forces ♦No running or jumping permitted until 9-12 months after surgery ♦Continued improvement in comfort occurs for 2-3 years before maximal outcome is achieved

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



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