



# Cartilage Repair Center

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## **Weightbearing Femoral Condyle**

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

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### **PRIMARY GOALS**

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

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<b>BRACE</b>	<ul style="list-style-type: none"><li>◆No brace required with good quad control</li></ul>
<b>GAIT</b>	<ul style="list-style-type: none"><li>◆Full weight-bearing as tolerated with crutch or cane as needed/pain allows</li></ul>
<b>ROM</b>	<ul style="list-style-type: none"><li>◆Continue full AROM and gentle PROM exercises</li><li>◆CPM may be discontinued</li></ul>
<b>THEREX</b>	<ul style="list-style-type: none"><li>◆Resisted open-chain exercise with <math>\leq 20</math> lbs to be progressed as tolerated after 6 months</li><li>◆Closed-chain exercise to promote knee stability and proprioception through full ROM as tolerated</li><li>◆Cycling on level surfaces permitted with gradual increase in tension per level of comfort</li><li>◆Treadmill walking encouraged.</li><li>◆Rollerblading permitted at 6-7 months.</li></ul>
<b>THERAPY</b>	<ul style="list-style-type: none"><li>◆Continue multi-directional patella mobilization as needed</li><li>◆Pool therapy as available to enhance ROM and quadriceps/hamstring muscle control</li><li>◆E-stim for VMO/quadriceps muscle re-education/biofeedback as needed</li><li>◆Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions</li><li>◆Cryotherapy for edema control</li></ul>
<b>COMMENTS</b>	<ul style="list-style-type: none"><li>◆Activity level should be modified if increased pain, catching, or swelling occurs</li><li>◆No pivoting sports should be started until after MD clearance at 12 months</li><li>◆No Squats, No Leg presses allowed.</li></ul>

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



**ORTHOPEDIC & SPINE INSTITUTE**

at St. Mary's Medical Center