



Cartilage Repair Center

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Weightbearing Femoral Condyle

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

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE	<ul style="list-style-type: none">◆No brace required with good quad control
GAIT	<ul style="list-style-type: none">◆Full weight-bearing as tolerated with crutch or cane as needed/pain allows
ROM	<ul style="list-style-type: none">◆Continue full AROM and gentle PROM exercises◆CPM may be discontinued
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">◆Continue multi-directional patella mobilization as needed◆Pool therapy as available to enhance ROM and quadriceps/hamstring muscle control◆E-stim for VMO/quadriceps muscle re-education/biofeedback as needed◆Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions◆Cryotherapy for edema control
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.

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



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center