



Cartilage Repair Center

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Weight Bearing Femoral Condyle/PF

Autologous Chondrocyte Transplantation PT Protocol (#5)
Stage 2- Transitional 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:

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 using 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

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



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