



# Cartilage Repair Center

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

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

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**Weight-bearing Femoral Condyle**  
Autologous Chondrocyte Transplantation  
Stage 3 – Remodeling Phase (weeks 13+)

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| <b>PRECAUTIONS</b>               | <ul style="list-style-type: none"><li>•No deep squats &gt;90 deg or leg press &gt; 90 deg until cleared by MD</li><li>•No running or sports until cleared by MD</li></ul>   |
| <b>WEIGHTBEARING</b>             | <ul style="list-style-type: none"><li>•FWBAT with single crutch or cane if needed</li></ul>   |
| <b>BRACE</b>                     | <ul style="list-style-type: none"><li>•No hinged knee brace required with good quad control</li></ul>   |
| <b>ROM</b>                       | <ul style="list-style-type: none"><li>•Full ROM</li></ul>   |
| <b>EXERCISES/<br/>MODALITIES</b> | <ul style="list-style-type: none"><li>•Advance stage 1 &amp; 2 exercises</li><li>•Progress functional balance, core, glute exercises</li><li>•Squats 0-90 deg (bodyweight), leg press 0-90 deg (low weight), lunges (low weight) permitted</li><li>•Stationary bicycling with low resistance as tolerated</li><li>•Treadmill forward/retro-walking</li><li>•Elliptical machine permitted at 3 months</li><li>•Advance pool exercises</li><li>•Modalities per therapist discretion</li></ul> |
| <b>COMMENTS</b>                  | <ul style="list-style-type: none"><li>•Physical assessment by MD and MRI required before full activities resume at approximately 1 year after surgery</li></ul>   |

For Outpatient Physical Therapist:

2-3x week / 6 weeks



**ORTHOPEDIC & SPINE INSTITUTE**

at St. Mary's Medical Center