



# Cartilage Repair Center

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## Autologous Chondrocyte Transplantation

Patella/Femoral (Patella, Trochlea or Both)

Stage 2 - Transitional Phase (7-12 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>	♦Hinged knee Brace may be discontinued once independent SLR achieved
<b>PRECAUTIONS</b>	♦Full weight-bearing as tolerated
<b>ROM</b>	♦A/AROM flexion and extension permitted ♦Progress towards full ROM by 12 weeks
<b>THEREX</b>	♦Stationary bicycling without resistance for short intervals (5 min 2-3x/day) as tolerated ♦Decrease interval length or resistance if pain, catching, or swelling is excessive – this should be a comfortable activity ♦Strengthening of quadriceps, hamstrings, and hip abductors/extensors using elastic band isometrics and closed-chain terminal knee extension 0-40 degree only ♦Backward treadmill walking with safety bars recommended for reduced patella-femoral compressive forces ♦Pool exercise using kickboard allowed- flutter/straight leg scissor kick only (No frog kick) ♦ <b>NO</b> open-chain strengthening permitted until 6 months after surgery ♦ <b>NO</b> closed-chain leg press or squatting
<b>THERAPY</b>	♦Multi-directional patella mobilization immediately after surgery ♦Cryotherapy and Ace wrap for swelling and pain control ♦E-stim for VMO/quadriceps muscle re-education/biofeedback encouraged early after surgery if needed ♦Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters and infrapatellar fat pad region at 2-3 weeks post-op ♦Whirlpool therapy recommended 2-3 weeks post-op to enhance motion
<b>COMMENTS</b>	♦Activity level should be modified if increased pain, catching, or swelling occurs – progression of activity may resume once comfort level returns ♦No progression of this protocol until cleared by MD at 12 weeks post-op

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



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