



Cartilage Repair Center

Tom Minas, MD, MS

901 45th Street, Kimmel Building
West Palm Beach, FL 33407

P: 561-844-5255

F: 561-844-5945

Ash Itinger, Admin Ext 246
www.cartilagerepaircenter.org
www.paleyinstitute.org

Autologous Chondrocyte Transplantation

Patella/Femoral (Patella, Trochlea or Both)

Stage 3 – Remodeling Phase (13+ weeks)

PRIMARY GOALS

DO NOT OVERLOAD GRAFT

INCREASE TIBIAL-FEMORAL AND PATELLA-FEMORAL MOBILITY

RESTORE QUADRICEPS CONTROL

BRACE	♦ Not needed
PRECAUTIONS	♦ Full weight-bearing with cane as needed
ROM	♦ Progress towards full ROM
THEREX	♦ Stationary bicycling as tolerated avoiding pain and excessive swelling (mild swelling noted to 6 month) ♦ Treadmill forward/retro-walking, Nordic track and elliptical machine permitted ♦ Pool exercise- flutter/straight leg scissor kick and running in water permitted (no frog kick) ♦ Full active flexion with resistance permitted ♦ Open-chain terminal extension with resistance not permitted
THERAPY	♦ Continue multi-directional patella mobilization as needed ♦ Continue cryotherapy and STM for edema control ♦ E-stim for VMO/quadriceps muscle re-education/biofeedback as needed ♦ STM to scar, hamstring insertions, quadriceps, patella gutters, and supra/infrapatellar regions ♦ Patellar / McConnell taping for lateral patellar tracking
COMMENTS	♦ Activity level should be modified if increased pain, catching, or swelling occurs ♦ Avoid activity/exercises with excessive patellofemoral compressive forces ♦ No running or jumping permitted until 9-12 months after surgery ♦ Continued improvement in comfort occurs for 2-3 years before maximal outcome is achieved

For Outpatient Physical Therapist:

2-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center