



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

Liana Leja, RN & Lauren Kelleher, PA-C Ext 247

www.cartilagerepaircenter.org

www.paleyinstitute.org

Patellofemoral + Tibial Tubercle Osteotomy (TTO) and/or High Tibial Osteotomy (HTO)

Autologous Chondrocyte Transplantation

Stage 1 – Proliferative Phase (weeks 0-6)

PRECAUTIONS

- No active knee extension, passive only
- No open-chain (short or long arc) exercises
- No ankle weights or band resistance

WEIGHTBEARING

- 50% WB with crutches if **TTO** is performed
- Heel-to-toe TDWB with crutches if **HTO** is performed

BRACE

- Hinged knee brace locked in full extension during ambulation. May DC once independent SLR achieved
- May be out of brace for chair and CPM

ROM

- CPM minimum 3 hours daily, begin at 40 deg of flexion and progress as tolerated
- Leg dangles, begin at 90 deg and use nonoperative leg to assist with increased flexion
- AAROM/ AROM flexion. Only PROM extension
- Goal: Minimum 90 degrees flexion by 3 weeks, 110 degrees by 6 weeks, and full ROM by 12 weeks post-op**

EXERCISES/ MODALITIES

- Patella sparing exercises
- Quad sets, SLR with brace locked in extension, prone leg curls, heel slides (assist with lowering), hip abduction/extension
- Stationary bicycle without resistance (~3 weeks)
- Modalities per therapist discretion. Include multi-directional patella mobilizations, VMO e-stim, deep friction massage
- Pool therapy recommended 3 weeks post-op to enhance motion

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