



# Cartilage Repair Center

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

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

Autologous Chondrocyte Transplantation  
Stage 2 – Transitional Phase (weeks 7-12)

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### PRECAUTIONS

- No active knee extension, passive only
- No open-chain (short or long arc) exercises
- No leg presses or squats
- No resistance on stationary bike until cleared by MD

### WEIGHTBEARING

- FWBAT if **TTO** performed
- If **HTO** performed, progress to FWBAT using the following guidelines

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

*\*Note: These are simply guidelines. Some patients will progress quicker than others.*

### BRACE

- DC hinged knee brace once independent SLR achieved

### ROM

- AAROM/ AROM flexion. Only PROM extension
- DC CPM
- Goal: Full ROM by 12 weeks post-op

### EXERCISES/ MODALITIES

- Advance stage 1 patella sparing exercises with weights/ bands
- Progress gait training with weight bearing
- Advance pool exercises using kickboard – flutter/straight leg, scissor kick only (no frog kick)
- Week 9-10: Gentle closed-chain terminal knee extension 0-40 degrees (TKE) per weight bearing restriction
- Permitted to begin blood flow restriction (BFR) strengthening
- Continue stage 1 modalities