



# Cartilage Repair Center

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

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

## Weightbearing Condyle + Patellofemoral

Autologous Chondrocyte Transplantation

Stage 1 – Proliferative Phase (weeks 0-6)

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### PRECAUTIONS

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

### WEIGHTBEARING

- Heel-to-toe TDWB with crutches

### 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 4-way
- 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