



Cartilage Repair Center

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Weight-bearing Femoral Condyle + Patellofemoral

Autologous Chondrocyte Transplantation

Stage 3 – Remodeling Phase (weeks 13+)

PRECAUTIONS	<ul style="list-style-type: none">•No open-chain (short or long arc) exercises•Functional active knee extensions permitted. No repetitive active knee extensions with weight or resistance
WEIGHTBEARING	<ul style="list-style-type: none">•FWBAT with single crutch or cane if needed
BRACE	<ul style="list-style-type: none">•No hinged knee brace required with good quad control
ROM	<ul style="list-style-type: none">•Full AROM flexion. Functional active knee extensions allowed
EXERCISES/ MODALITIES	<ul style="list-style-type: none">•Advance stage 1 & 2 exercises•Progress functional balance, core, glute exercises•Mini squats 0-40 deg (bodyweight), leg press 0-40 deg (low weight) permitted•Stationary bicycling with low resistance as tolerated•Treadmill forward/retro-walking•Elliptical machine permitted at 3 months•Advance pool exercises (No frog kicks)•Modalities per therapist discretion
COMMENTS	<ul style="list-style-type: none">•Physical assessment by MD and MRI required before full activities resume at approximately 1 year after surgery

For Outpatient Physical Therapist:

2-3x week / 6 weeks



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center