



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 3 – Remodeling Phase (weeks 13+)

- PRECAUTIONS**
- No open-chain (short or long arc) exercises
 - Functional active knee extensions permitted. No repetitive active knee extensions with weight or resistance
- WEIGHTBEARING**
- FWBAT with single crutch or cane if needed
- BRACE**
- No hinged knee brace required with good quad control
- ROM**
- Full AROM flexion. Functional active knee extensions allowed
- EXERCISES/
MODALITIES**
- Advance stage 1 & 2 patella sparing 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**
- 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