



Autologous Chondrocyte Implantation (Patello-Femoral) with Distal Re-alignment

| | Weight Bearing | Brace Use | Range of Motion | Therapeutic Elements |
|---------------------------------------|---|--|---|--|
| PHASE I 0 -2 weeks | Non-weight bearing (NWB) with crutches. | Locked in extension. Remove for CPM and exercises. | CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs / day as tolerated. | Quad sets, hamstring isometrics, co-contractions, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim. |
| 2-6 weeks | Touch-down (TDWB) with crutches. | Brace locked from 0-40 degs. | Goal: at least 90 degs by 4wks, 120 degs by 6wks. PROM: 90 degs flexion at each therapy session. * | |
| 6-8 weeks | 50% partial weight (PWB) with crutches. | Discontinue brace if patient has controlled SLR without extension lag. | Progress to full ROM. Discontinue CPM. | Begin progressive closed chain exercise. |
| 8-12 weeks | As tolerated (WBAT), wean off crutches. | None. | Full A/PROM. | Progress closed chain exercises. Bicycle. |
| PHASE II 12weeks – 6 months | Full weight (FWB) with normal gait. | None. | Full A/PROM. | Advance closed chain exercise. Balance exercises. Begin open chain strengthening. |
| PHASE III 6-12 months | FWB. | None. | Full. | Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX). |
| PHASE IV 12-18 months | FWB. | None. | Full. | Continue strength training. May begin a progressive running and agility program. Consider return to high impact sports. |

* Loss of flexion is common with this procedure and patients are encouraged to obtain 90 degs flexion 3x/d with heel slide out of the brace starting after first therapy session.

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LOCATIONS

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