

JOHNS HOPKINS CENTER FOR CARTILAGE RESTORATION
JOHNS HOPKINS BAYVIEW MEDICAL CENTER
4940 EASTERN AVENUE
BALTIMORE, MD 21224
PHONE 410-550-0452 FAX 410-550-2899

CARTICEL IMPLANTATION REHABILITATION GUIDELINES FEMORAL CONDYLE\TROCICLEA REPAIR

PHASE 2:TRANSITIONAL PHASE **WEEKS 6-12**

Goals:

- *Continue to increase ROM
- *Increase quadriceps strength
- *Continue to improve knee flexion

Brace:

- *Locked at 0 degrees during weight-bearing activities
- *Continue knee brace until week 10

Weight-Bearing:

- *Toe touch weight-bearing for 6 weeks (approx. 10 lbs)
- *Partial weight-bearing
 - weeks 7&8 approx. 25 lbs
 - weeks 9&10 approx. 50 lbs
 - weeks 11& 12 start working toward full weight bearing with crutches
 - week 13 progress to a single crutch, cane or no device as tolerated

Range of Motion:

- *Gentle active and active assisted ROM flexion and extension as tolerated
- *Discontinue CPM
- *Flexion should be at 125-135 degrees
- *Continue patellar mobilization and soft tissue mobilization
- *Motion exercises throughout the day
- *Continue passive knee flexion 10 per set 5 times daily

Strengthening Program:

- *Ankle pump using rubber tubing
- *Quad setting
- *Multi-angle isometrics (co-contractions Q/H)
- *Straight leg raises 10 per set 5 sets per day (with brace on and locked in extension)
- *Pool exercises permitted- flutter\straight leg scissor kick only NO whip-kicks allowed

Functional activities:

*Gradual return to daily activities

*Gradually increase standing and walking

**If symptoms occur, reduce activities to reduce pain and inflammation

Swelling Control:

*Ice, elevation, compression, and edema modalities as needed to decrease swelling

*Take pain medication 30-45 min. before PT.

**PLEASE CONTACT HOLLY MCDANIEL R.N. WITH ANY
QUESTIONS AT: HOXFORD1@JHMI.EDU**