

JOHNS HOPKINS CENTER FOR CARTILAGE RESTORATION  
JOHNS HOPKINS BAYVIEW MEDICAL CENTER  
4940 EASTERN AVENUE  
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## **CARTICEL IMPLANTATION REHABILITATION GUIDELINES FEMORAL CONDYLE\TROCICLEA REPAIR**

### **PHASE 3:REMODELING PHASE WEEK 13+**

#### **BRACE:**

- \*Discontinue when good quad control is established.
- \*Use unloading knee brace

#### **GAIT:**

- \*Discontinue assistive device when steady gait is established.

#### **ROM:**

- \*Continue full ROM
- \*Progress towards equal ROM of contra lateral side

#### **EXERCISE PROGRAM:**

- \*Stationary bicycle
- \*Walking program
- \*Pool exercises flutter\straight leg scissor kick and running in water
- \*Gentle closed chain LE strengthening through terminal range – terminal knee extension 0-40 degrees and 120-70 degrees extension from flexed position
- \*NO squats or leg presses allowed
- \*NO open chain terminal extension with resistance permitted

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