

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 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:**

- \*No active knee extension exercises for the first 6-8 weeks
- \*Maintain full passive knee extension
- \*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
- \*Leg Press (0-40 ) short arc quads

**Strengthening Program:**

- \*Ankle pump using rubber tubing
- \*Quad sets
- \*Multi-angle isometrics (co-contractions Q/H)
- \*Straight leg raises 10 per set 5 sets per day
- \*Closed chain but no lunges or mini squats

**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.

**\*\*WHEN DONE IN COMBINATION WITH A TIBIAL TUBERCLE OSTEOTOMY\*\***

- \*STRAIGHT LEG RAISES MAY BEGIN AT 7 WEEKS\*

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