

## **AUTOLOGOUS CHONDROCYTE IMPLANTATION POST-OP PROTOCOL FOR FEMORAL CONDYLE**

- WEEK 1:** C.P.M. 0 to 60 for 8 hours a day.  
Ambulate non-weightbearing with crutches.  
Brace to be worn at all times(0 to 60 ROM).
- P.O. DAY 7:** First appointment with M.D., dressing changed.  
P.T. to begin...therapist to remove brace to work:  
---ROM to 110 degrees by end of week 4.  
---strength using stim and isometric exercises.
- P.O. DAY 14:** Second post-op visit with M.D.  
Sutures or clips removed, D/C/ CPM.  
May remove brace to perform ROM or shower.
- P.O. DAY 28:** Third visit with M.D. Discontinue brace.  
Therapist to progress ROM to full.  
Begin closed-chain isotonics.
- WEEK 8:** Discontinue crutches gradually over 4 weeks.  
Avoid pivoting or twisting movements with leg.
- WEEK 13:** Cycling and swimming is allowed.
- WEEK 37:** Begin open-chain isotonics.  
Jogging is allowed.
- 1 YEAR:** Return to full activity (except level 1 sports) in OA brace.
- 16 months:** Full activity with no restrictions in OA brace.

