

AUTOLOGOUS CHONDROCYTE IMPLANTATION POST-OP PROTOCOL FOR TROCHLEA OR PATELLA

- WEEK 1:** C.P.M. 0 to 30 for 8 hours a day.
Ambulate non-weightbearing with crutches.
Brace to be worn at all times (0 to 30 ROM).
- P.O. DAY 7 :** First post-op appointment with M.D.
Dressing changed.
P.T. to begin...therapist to remove brace to work:
---ROM slowly to 90 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 110.
Begin closed-chain isotonics within ROM 0 to 30.
- WEEK 7:** Discontinue crutches. Progress to full ROM.
- WEEK 13:** Begin closed-chain isotonics through full ROM.
Cycling and swimming is allowed.
- WEEK 37:** Begin open-chain isotonic exercises.
Jogging is allowed.
- 1 YEAR:** Return to full activity except heavy squatting or climbing. Level 1 sports not allowed.
- 16 months:** Full activity with no restrictions.

