
Autologous Chondrocyte Implantation (with Concomitant Procedures) Physical Therapy Protocol - Variations to Rehabilitation Program

ACL with PTG Reconstruction

Weight Bearing

- Progression per ACL protocol

Range of Motion

- **Week 1:** 90 degrees
- **Week 2:** 100 to 105 degrees
- **Week 4:** 110 to 115 degrees
- **Week 6:** 125 degrees
- **Week 8:** 135 degrees

Meniscus Allograft

Weight Bearing

- Progression per ACL protocol

Range of Motion

- **Week 1:** 60 degrees
- **Week 2:** 90 degrees
- **Week 5:** 100 degrees
- **Week 6:** 110 degrees
- **Week 7:** 120 degrees
- **Week 8:** 125 degrees

Distal Realignment

Weight Bearing

- Progression per ACL protocol

Range of Motion

- **Day 5:** 45 degrees
- **Week 1:** 60 degrees
- **Week 3:** 75 degrees
- **Week 4:** 90 degrees
- **Week 5:** 115 degrees
- **Week 6:** 125 degrees
- **Week 8:** 125 to 135 degrees
 - Begin light extension (60 to 0 degrees), bike and pool at week six to eight

High Tibial Osteotomy

Weight Bearing

- Progression per ACL protocol

Range of Motion

- **Week 1:** 90 degrees
- **Week 2:** 105 degrees
- **Week 3:** 115 degrees
- **Week 4:** 125 degrees
- **Week 6:** More than 125 degrees