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

ACL with PTG Reconstruction

Weight Bearing
• Progression per ACI 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 ACI 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 ACI 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 ACI 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