

Center for Athletic Medicine  
Dr. Preston Wolin  
Distal Realignment (concurrent with ACI protocol)  
Adapted from Rehabilitation Guidelines Autologous Chondrocyte Implantation  
Using CARTICEL

~Please call 773-248-4150 with any and all questions~

A distal realignment, involving an anteromedialization of the tibial tubercle, is often performed during trochlea implantations. Several aspects of the rehabilitation program should be altered to avoid excessive strain on the tibial tubercle. Passive ROM should be progressed slowly with the goals of:

- 45° by day 5
- 60° by end of week 1
- 75° by week 3, 90° by week 4
- 115° by week 5
- 125° by week 6
- 125° -135° by week 8

Weight-bearing progression is similar to that of the isolated trochlea guidelines with immediate partial weight-bearing with a knee brace locked in full extension. Scar tissue management and patellar mobilizations are recommended to be performed to minimize the formation of adhesions. Open kinetic chain knee extensions can be initiated without resistance from 60°-0° by weeks 6-8 as tolerated. The use of a bicycle and pool therapy can be initiated by weeks 6-8.