

MACI Rehabilitation 2 (PF Surface, TTO) Protocol

- A. Gait, WB status, Bracing
- 0-3 weeks p/o WBAT, Locked IROM, 2 Axillary Crutches
 - 3-6 weeks p/o WBAT, Locked IROM, 1 Axillary Crutch
 - 6 weeks p/o Continue use of IROM brace (open to tolerance), wean from AD
 - 8 weeks p/o Wean from use of brace
- B. ROM restrictions
- 0-1 weeks p/o PROM, 0-45°
 - 1 week p/o AROM / PROM, 0-60°
 - 2 weeks p/o AROM / PROM, 0-75°
 - 3 weeks p/o AROM / PROM, 0-90°
 - 4 weeks p/o AROM / PROM, 0-105°
 - 5 weeks p/o AROM / PROM, 0-120°
 - 6 weeks p/o AROM / PROM, to tolerance
- C. Exercise / treatment guidelines
- 0-1 week p/o
 - CPM minimum 1 hr. / day
 - PROM
 - Ankle pumps
 - GS and HSS
 - Isometrics: Quad, HS, Glut
 - Frequent cryotherapy and modalities as indicated
 - 1-3 weeks p/o
 - CPM minimum 30 min. / day
 - AROM and PROM
 - Patellar mobilization/scar-soft tissue mobilization
 - PRE: SLR, SL Hip Abd, SL Hip Add, Prone Hip Ext
 - 3-6 weeks p/o
 - PRE: Ankle (respect WB status), T-Bands
 - PRE: Core / Hip (clams, reverse clams, SB bridge-proximal, curl ups)
 - Stationary Bike may begin at 5 weeks post-op, no resistance
 - 6-12 weeks p/o
 - Introduce gentle quad stretching
 - Progressive core and dynamic hip stabilization
 - Progressive balance/proprioception
 - Progressive non-impact cardio
 - 12 weeks p/o
 - Progressive OKC exercise (KE, HS)
 - Progressive CKC exercise (LP, mini-squat, mini-lunge)
 - Progressive non-impact cardio
 - 7 months
 - Introduce progressive impact activities
 - Progressive agilities
 - Progressive jump to hop and plyometric work
 - Cutting and planting activities
 - Sport specific activities, streamlining
 - Introduce interval jog / run progression
 - 12+ months
 - Release to collision sports