

MACI Rehabilitation 3 (PF Surface, multiple defects) Protocol

Multiple Defects ("patient 2" per MACI rehabilitation manual)

Orthopaedic and Sports Medicine Center

Updated: December, 2022

A Gait, WB status

1. 0-2 weeks p/o 25% WB, Locked IROM, 2 Axillary Crutches
2. 2 weeks p/o 50% WB, Locked IROM, 2 Axillary Crutches
3. 3 weeks p/o 75% WB, Locked IROM, 2 Axillary Crutches
4. 4 weeks p/o WBAT, Locked IROM, 2 Axillary Crutches
5. 5 weeks p/o WBAT, Locked IROM, 1 Axillary Crutch
6. 6-8 weeks p/o WBAT, IROM 0-45°, 1 Axillary Crutch
7. 8-12 weeks p/o Continue use of IROM brace (open to tolerance), Wean from AD
8. 12 weeks p/o Wean from use of brace

B. ROM restrictions

1. 0-2 weeks p/o PROM, 0-45°
2. 2 weeks p/o PROM, 0-60°
3. 3 weeks p/o PROM, 0-75°
4. 4 weeks p/o AROM / PROM, 0-90°
5. 5 weeks p/o AROM / PROM, 0-105°
6. 6 weeks p/o AROM / PROM, To tolerance

C. Exercise / treatment guidelines

1. 0-2 weeks p/o
 - CPM minimum 1 hr. / day
 - PROM
 - Ankle pumps
 - GS and HSS
 - Isometrics: Quad, HS, Glut
 - Frequent cryotherapy and modalities as indicated
2. 2-4 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. 4-6 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
4. 6-12 weeks p/o
 - Introduce gentle quad stretching
 - Progressive core and dynamic hip stabilization
 - Progressive balance/proprioception
 - Progressive non-impact cardio
5. 12 weeks p/o
 - Progressive OKC exercise (KE, HS)
 - Progressive CKC exercise (LP, mini-squat, mini-lunge)
 - Progressive non-impact cardio
6. 8 months and with physician clearance
 - 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
7. 12+ months
 - Release to collision sports