

MACI Rehabilitation 4 (WB Surface) Protocol

Orthopaedic and Sports Medicine Center

Updated: December, 2022

A Gait, WB status, Bracing

0-1 week p/o	< 20%WB, IROM 0-30°, 2 Axillary Crutches
1 week p/o	< 30%WB, IROM 0-50°, 2 Axillary Crutches
2 weeks p/o	< 45%WB, IROM 0-60°, 2 Axillary Crutches
3 weeks p/o	< 60%WB, IROM 0-80°, 2 Axillary Crutches
4 weeks p/o	< 75%WB, IROM 10° < active flexion amount, 2 Axillary Crutches
5 weeks p/o	< 90%WB, IROM 10° < active flexion amount, 2 Axillary Crutches
6 weeks p/o	WBAT, IROM 10° < active flexion amount, wean from AD
8 weeks p/o	Wean from use of brace

B. ROM restrictions

0-1 weeks p/o	AROM / 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, 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