

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

MACI Femoral Condyle

Phase 1 (weeks 0-12)

- Weightbearing**
 - Weeks 0-2: non weightbearing
 - Weeks 2-4: Partial weightbearing (30-40lbs) Pain free 90 degrees
 - Weeks 4-6 : continue PWB, progress to single crutch after week 6. Pain free 125 degrees
 - Weeks 6-12: Progress to full weightbearing, discontinue crutch us
- Bracing**
 - Weeks 0-4: hinged knee brace locked in full extension, may be removed for cpm, rehab and hygiene
 - Week 2-4: gradually open brace at 20 degree intervals as quad control is obtained
 - Weeks 4-6: Unlock brace
 - Week 4: 0-60 degrees full flexion by week 6
 - Discontinue brace when patient can perform straight leg raise without la
- Range of Motion**
 - CPM: 6-8 hours per day for approximately 4 weeks, set initially at 0-30 degrees; increase flexion 5-10 degrees per day, may discontinue CPM once achieved 120 degrees
 - Goals: 90 degrees by week 4 and 120 degrees by week 6
 - PROM/AAROM, stretching under guidance of PT
- Therapeutic Exercises**
 - Weeks 0-2: straight leg raise/quad sets, hamstring isometrics (perform exercises with brace until quad control is adequate)
 - Weeks 2-6: Progressive isometric closed chain exercises
 - Need to respect the repair site: if anterior lesion avoid loading in full extension, if posterior lesion avoid loading in flexion >45 degrees
 - Week 6 can start weight shifting activities with operative leg in extension
 - Weeks 6-10: Bilateral closed chain strengthening, begin open chain knee strengthening
 - Weeks 10-12: Begin closed chain exercises with resistance, progress to single leg closed chain exercises
 - Week 10 may begin balance exercises and stationary bike with light resistance

Phase 2 (weeks 12-14)

- Weightbearing**
 - Full weightbearing with normal gait pattern
- Range of Motion**
 - Advance to full/painless ROM
- Therapeutic Exercises**
 - Advance uni/bilateral closed chain exercises with emphasis on concentric and eccentric control
 - Stationary bike, treadmill, Stairmaster, and elliptical
 - Progress balance and proprioception exercises
 - Start sport cord lateral drills

Phase 3 (Months 6-9)

- Weightbearing**
 - Full weightbearing with normal gait pattern
- Range of Motion**
 - Advance to full/painless ROM
- Therapeutic Exercises**
 - Advance strength training, light plyometric exercises
 - Start jogging/sport-specific training at 6 months
 - Low impact recreational activity, Able to negotiate uneven ground

Phase 4 (Months 9-18)

- Weightbearing**
 - Full weightbearing with normal gait pattern
- Range of Motion**
 - Advance to full/painless ROM
- Therapeutic Exercises**
 - Continue closed chain strengthening exercises and proprioceptive activities
 - Emphasize single leg loading
 - Sports-specific rehab-running/agility training at 9 months
 - Shear and rotational loads are to be avoided until 12-18 months ??

Continue with maintenance program for strength and endurance