

MACI PROTOCOL PATELLOFEMORAL JOINT

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing

	PHASE 1: IMMEDIATE POST-OP 0-1 week following surgery	PHASE 2: RESTORE MOBILITY 2-3 weeks following surgery	PHASE 3: STRENGTHEN & STRAIGHTEN 4-6 weeks following surgery
Weight Bearing (WB) % Body Weight	<20%	20% - 50%	Progress from 75% - full
Range of Motion (ROM)	Passive and active progress from 0° - 20°	Active progress from 30° - 60°	Active progress from 90° - 125°
Protective Knee Bracing	Locked at full knee extension	Locked at full extension	Use brace as required beginning at Week 6
Ambulatory Aids	2 crutches	2 crutches	1-2 crutches Week 4-5 1 crutch as required week 6

	PHASE 4: INDEPENDENT MOVEMENT 7-12 weeks following surgery	PHASE 5: RETURN TO DAILY ACTIVITY 3-6 months following surgery	PHASE 6: DYNAMIC ACTIVITIES 6-9 months following surgery
Weight Bearing (WB) % Body Weight	Full	Full	<ul style="list-style-type: none"> • Full WB and ROM • Ability to tolerate walking distances of 3+ miles • Ability to ambulate on uneven or unstable ground without difficulty • Ability to return to low-impact pre-operative recreational activity
Range of Motion (ROM)	Full active ROM Complete by Weeks 7 - 8	Full and pain-free active ROM	
Protective Knee Bracing	No Brace	No Brace	
Ambulatory Aids	No Crutches	No Crutches	

PHASE 7 RETURN TO FULL ACTIVITY

9-12 months following surgery

- Full WB and ROM
- Ability to commence a running program
- Resumptions of dynamic recreational activities
 - activities that generate high compression, shear and rotational loads are to be avoided until 12-18 months or as directed by the surgeon

ADDITIONAL INFORMATION

Please read the following information

- This sheet is a guideline depicting the official instructions of the MACI protocol
- Please utilize additional information provided by the full MACI protocol at:
<https://www.raleighsportsmed.com/pdf/knee-maci-procedure-rehabilitation-protocol.pdf>