

## Post-operative Rehabilitation Protocol

### MACI Femoral Condyle

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Physical therapy should begin 14 days after surgery</li> <li>- You will be Touch down weight bearing with crutches for 6 weeks after surgery</li> <li>- Rest, ice, compression, elevation recommended for first 48 hours</li> <li>- No running or impact activities until minimum 6 months after surgery and cleared by MD</li> <li>- Contact therapist or physician with any questions/concerns</li> </ul>		
	<b>Range of Motion</b>	<b>Brace</b>	<b>Exercises</b>
<b>Phase 1 – Early protection</b> <i>Weeks 0 - 6</i>	Okay for passive and active ROM 0 – 90°  <i>Ice:</i> 20 minutes on, 20 minutes off every hour	0-2 wks: Locked in extension full time and for sleeping. Okay to remove for CPM and PT 2-6 wks: Brace unlocked	<b><u>Touch Down Weight Bearing ONLY</u></b> <i>Exercises:</i> straight leg raises with brace locked in extension, quad sets, patellar mobilizations, heel slides <i>CPM:</i> Begin at 0-45° → May advance 5° each day as comfortable. Do not exceed 90° unless otherwise directed by MD
<b>Phase 2 – Transition</b> <i>Weeks 6 - 8</i>	Progress to full ROM	Brace unlocked	Add 25% weight bearing every 3-4 days until full WB with crutches at 8 weeks. <i>Exercises:</i> Continue phase 1.
<b>Phase 3 – Early Loading</b> <i>Weeks 8 - 12</i>	Goal: Full, pain-free ROM	Wean out of brace once good quad control	<i>Exercises:</i> Once normalized, pain-free gait → begin balance exercises, lunges 0-90°, leg press 0-90°, wall sits to 90° Begin stationary bike at 8 weeks
<b>Phase 4 – Strength</b> <i>Weeks 12 - 24</i>	Full, pain-free ROM	None	<i>Exercises:</i> Progress strengthening. Begin single leg strengthening. Build walking endurance
<b>Phase 5 – Resume activities</b> <i>Weeks 24+</i>	Full, pain-free ROM	None	May begin light jogging at 6 months post-op if no pain or swelling and cleared by MD. Sport-specific training. No cutting/pivoting until minimum 9 months post-op.