



## MACI PROTOCOL TIBIOFEMORAL 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

	<b>PHASE 1 IMMEDIATE POST-OP</b>	<b>PHASE 2 RESTORE MOBILITY</b>	<b>PHASE 3 STRENGTHEN AND STRAIGHTEN</b>
	0-1 week following surgery	2-3 weeks following surgery	4-6 weeks following surgery
<b>Weight Bearing (WB)</b> % Body Weight	<20%	20% - 30%	40% - 60%
<b>Range of Motion (ROM)</b>	Passive and active progress from 0° - 30°	Active progress from 30° - 90°	Active progress from 90° - 125°
<b>Protective Knee Bracing</b>	Progress from 0° - 30°	Progress from 30° - 45°	Progress from 45° - full extension
<b>Ambulatory Aids</b>	2 crutches	2 crutches	1 - 2 crutches

	<b>PHASE 4 INDEPENDENT MOVEMENT</b>	<b>PHASE 5 RETURN TO DAILY ACTIVITY</b>	<b>PHASE 6 DYNAMIC ACTIVITIES</b>
	7-12 weeks following surgery	3-6 months following surgery	6-9 months following surgery
<b>Weight Bearing (WB)</b> % of Body Weight	70% - Full Complete by Weeks 8 - 10	Full	<ul style="list-style-type: none"> <li>• Full WB and ROM</li> <li>• Ability to tolerate walking distances of 3+ miles</li> <li>• Ability to ambulate on uneven or unstable ground without difficulty</li> <li>• Ability to return to low-impact pre-operative recreational activity</li> </ul>
<b>Range of Motion (ROM)</b>	Full active ROM Complete by Weeks 7 - 8	Full and pain-free active ROM	
<b>Protective Knee Bracing</b>	Allow full knee flexion within brace	No brace	
<b>Ambulatory Aids</b>	Full WB indoors, single crutch outdoors and in unfamiliar areas	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>