

MACI IMPLANTATION: PATELLA/TROCHLEA

FOX VALLEY ORTHOPEDICS
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PHASE 1

Week 0-3 (start PT 3-7 days post-op)

- **Precautions:**
 - Knee brace locked in full extension. 2 crutches-WBAT.
 - ROM: 0-45 degrees week one. Increase 15 degrees each week after.
 - Avoid excessive PF stress: no OKC knee extension 0-30.
- **Exercises:**
 - Quad sets, Hip 4-way (if can be completed without extension lag), heel slides, ankle pumps, table stretching: calf and hamstrings (long sit).

PHASE 2

Weeks 4-6

- **Precautions:**
 - Knee brace unlocked at 5-6 weeks if adequate quad control is present
 - No ROM restrictions but avoid forceful stretching
- **Exercises:**
 - Continue with exercises from Phase 1, CKC knee extension 0-20 degrees, standing calf raise and stretching, single leg balance, stationary bicycle

MACI IMPLANTATION: PATELLA/TROCHLEA**PHASE 3**

Weeks 7-12

- **Precautions:**
 - Avoid deeper squatting, no impact exercises/drills
- **Exercises:**
 - Continue with exercises from Phase 2. Progress CKC exercises: single leg squatting/step-downs, 2 legged squatting (0-90 degrees).

PHASE 4

3 months-9 months

- **Precautions:**
 - Avoid deeper squatting, no impact exercises/drills.
- **Exercises:**
 - Patients may be discharged from PT at this time to continue with HEP. May resume as needed at 9 months to advance into jumps/hops/agility/jog-run.