SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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MACI/AUTOCART, MICROFRACTURE, BICARTILAGE** TO PATELLA/TROCHLEA REHAB

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-8 WEEKS	Full w/ brace	**0-2 week:** Locked in full extension at all times* Off for CPM, hygiene, and exercise only **2-4 weeks:** Unlocked 0-45 and worn daytime Only **4-6 weeks:** Unlocked 0-90 and worn daytime Only Discontinue at 6 weeks	**0-2 wks**: Gentle passive 0-45 as tolerated **2 wks+:** advance as tolerated **0-6 wks**: use CPM 6 hours/day, advance 5-10 degrees/day as tolerated, d/c at 6wks*** Goals: 0-2 wks: 0-30 2-4 wks: 0-60 4-6 wks: 0-90	**0-2 weeks:** Quads sets, SLR, calf pumps, passive leg hangs to 45° at home **2-6 weeks:** PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core **6-8 weeks:** Addition of heel raises, closed chain exercises, gait normalization, eccentric quads, eccentric hamstrings; advance core, glutes and pelvic stability
PHASE 2 8-12 WEEKS	Full	None	Full	Progress closed chain activities and gait training Begin unilateral stance

				activities, balance training, hamstring work, hip/core/glutes Begin stationary bike at 10 wks with low resistance as tolerated
PHASE 3 12-24 WEEKS	Full	None	Full	Advance Phase II exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Swimming as tolerated after 12 weeks Elliptical as tolerated after 16 weeks****
PHASE 4 6-12 MONTHS	Full	None	Full	Advance functional activity without impact Return to sport-specific activity and impact when cleared by MD after 6-8 months

*Brace may be removed at night after first post-operative visit (day 7-14) if directed

**Please follow PT script if different than this protocol. Alignment correction procedures (HTO, DFO, TTO) would change protocol

***If CPM is not prescribed, goal is 600-800 reps of gentle ROM each day

****Microfracture patients can advance back to sport as tolerated after 16 weeks