

KNEEbraska
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**MACI / BIOCARTILAGE / MICROFRACTURE
 TO PATELLA/TROCHLEA
 REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-8 weeks	FWB with brace	0-2 weeks: locked in full extension at all times* 2-4 weeks: unlocked 0-45 and worn during day only 4-6 weeks: unlocked 0-90 and worn during day only D/C at 7-8 weeks	0-2 weeks: PROM 0-45 (gentle) 2+ weeks: Advance as tolerated Goals(degrees): 0-2 weeks: 0-30 2-4 weeks: 0-60 4-6 weeks: 0-90	0-2 weeks: quad sets, SLR, ankle pumps, passive leg hangs over edge of bed/chair to 45 degrees at home 2-6 weeks: PROM/AAROM as tolerated, patella & tibiofibular joint mobilizations, quad/glute/hamstring sets, SLR, sidelying hip and core 6-8 weeks: add heel raises, CKC, normalize gait, eccentric quads & hamstrings; advance core/hip/pelvic stability.
PHASE II 8-12 weeks	FWB	NA	Full	Progress CKC and gait training. Begin SLS work, balance, hamstrings/core/hip/glutes. Stationary bike: begin at 10 weeks w/ low resistance.
PHASE III 12-24 weeks	FWB	NA	Full	Advance Phase II: max core/glute activation, pelvic/hip stability, eccentric hamstrings, balance. Swimming after 12 weeks. Elliptical as tolerated after 16 weeks.
PHASE IV 6-12 months	FWB	NA	Full	Advance activity w/o impact Return to sport-specific activity and impact when cleared by surgeon (after 6-8 months)

*Brace may be removed at night after first post-op visit (day 7-14) if directed by surgeon
 Note: Microfracture pts can return to sport as tolerated after 16 weeks