



**PHYSICAL THERAPY PRESCRIPTION**  
MACI of Patella/ Trochlea

Name: \_\_\_\_\_ Surgery Date: \_\_\_\_\_

PROCEDURE:  Right  Left

**Additional Procedures:**  MACI Cartilage Procedure:  Patella  Trochlea  \_\_\_\_\_  
 Lateral Release  MPFL Reconstruction -  Hamstring Auto  Allograft  
 Other: \_\_\_\_\_

**Weight Bearing:**  Full weight bearing with brace locked in extension with crutches/walker  
Weight bearing modifications:  \_\_\_\_\_

**ROM:**  0 – 30 degrees (advance to 0-60 degrees)  
 ROM Modifications: \_\_\_\_\_

**Brace Instructions:**  brace locked in extension AT ALL TIMES (*except when using CPM*)  
 remove brace when using CPM machine  
 \_\_\_\_\_

**CPM Instructions:**  0 – 30 degrees, *remove brace while using CPM*

**Additional Instructions:** \_\_\_\_\_

**Frequency & Duration:**  1-2 times per week for 6 - 8 weeks

**Rx:** TTP Post-Op Rehab – Phase 1 (follow my protocol strictly)  
Dressing change / wound check 2-3 days post-op  
Emphasize early full passive extension to 0°  
Quad sets and SLR

**Precautions:** X Per my PT protocol

Physician's Signature:  \_\_\_\_\_, MD

# Sheena Black, MD

## Orthopedic Surgeon

### Sports Medicine Specialist



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## PHYSICAL THERAPY PROTOCOL

### MACI of Patella/Trochlea (no TTO)

Progression is both criteria-based and patient specific. Phases and time-frames are designed to give the clinician a general sense of progression. Concomitant procedures such as cartilage procedures, lateral release, tibial tubercle osteotomy, as well as chronicity of the condition will alter the guideline.

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-6</b>  PT 1-2x/week HEP daily	Full w/ brace	<b>Week 0-1:</b> Locked in full extension at all times  Off for CPM & exercise only  <b>Week 1-4:</b> Unlocked & worn daytime only  Discontinue when SLR w/o lag	CPM 2 hours/ 3x/day - Remove brace - <b>Week 0-2:</b> 0 – 30° - <b>Week 2-4:</b> 0 – 60° - <b>Week 4-6:</b> 0 – 90°	<b>Week 0-2:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home  <b>Week 2-6:</b> PROM/ AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core
<b>Phase II</b> <b>Weeks 6-8</b>  PT 2-3x/ week HEP daily	WBAT	None	Full	Advance Phase I exercises
<b>Phase III</b> <b>Weeks 8 - 12</b>  PT 1-2x/week HEP daily	WBAT	None	Full	Gait training Begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike Begin unilateral stance activities, balance training
<b>Phase IV</b> <b>Weeks 12-24</b>  PT 1-2x/week HEP daily	WBAT	None	Full	Advance Phase III exercises Maximize core/ glutes strength pelvic stability work, eccentric hamstrings  Advance to elliptical, bike, pool as tolerated
<b>Phase V</b> <b>Month 6-12</b>  PT 1x/week HEP daily	WBAT	None	Full	Advance functional activity  Gradual return to impact activities (running, jumping, pivoting) and sports participation after completion of RTS testing**

\*\* Completion of RTS (Return to Sport) testing not mandatory, but recommended for competitive athletes returning to play after rehab

**IF QUESTIONS: PLEASE CALL 469-800-7200**

Revised 4/2024