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

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I 0-8 weeks</b>	FWB with brace	<p><b>0-2 weeks:</b> locked in full extension at all times*</p> <p><b>2-4 weeks:</b> unlocked 0-45 and worn during day only</p> <p><b>4-6 weeks:</b> unlocked 0-90 and worn during day only</p> <p>D/C at 7-8 weeks</p>	<p><b>0-2 weeks:</b> PROM 0-45 (gentle)</p> <p><b>2+ weeks:</b> Advance as tolerated</p> <p><b>Goals(degrees):</b>            0-2 weeks: 0-30            2-4 weeks: 0-60            4-6 weeks: 0-90</p>	<p><b>0-2 weeks:</b> quad sets, SLR, ankle pumps, passive leg hangs over edge of bed/chair to 45 degrees at home</p> <p><b>2-6 weeks:</b> PROM/AAROM as tolerated, patella &amp; tibiofibular joint mobilizations, quad/glute/hamstring sets, SLR, sidelying hip and core</p> <p><b>6-8 weeks:</b> add heel raises, CKC, normalize gait, eccentric quads &amp; hamstrings; advance core/hip/pelvic stability.</p>
<b>PHASE II 8-12 weeks</b>	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.
<b>PHASE III 12-24 weeks</b>	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.
<b>PHASE IV 6-12 months</b>	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