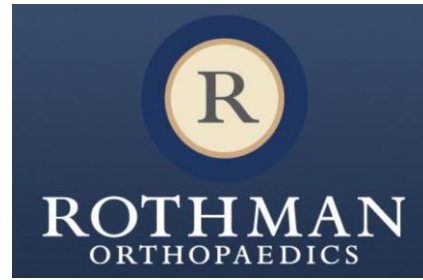


Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com



MACI Cartilage Replacement Physical Therapy Protocol/Prescription

Patient Name: _____

Surgery: Right/Left Knee Matrix Associated Autologous Chondrocyte Implantation

Date of Surgery: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 0-6

- Toe-Touch (TTWB) x 6 weeks
- Use CPM for 6 hours/day, beginning at 0- 40°; advance 5- 10° daily as tolerated
- Weeks 0-2: Brace locked in extension at all times → Open hinges on brace at 2 weeks while walking
- Weeks 0-2: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home
- Weeks 2-6: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core
- Achilles Tendon Stretching
- Electrical Stimulation for Quadriceps
- Iliotibial Band/Hamstring/Adductor Stretching / Strengthening

Weeks 6-8

- Begin to progress to WBAT, 25% per week, until full by 8-10 weeks

Weeks 8-12

- Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises
- Begin unilateral stance activities, balance training

Months 3-6

- Advance prior exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

Months 6-12

- Advance functional activity → Return to sport-specific activity and impact when cleared by MD after 8 months

- Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before
- Ice after Trigger points massage Therapist's discretion

Brandon J. Erickson, MD
Montanna Casey, ATC
Mackenzie Lindeman, ATC
Terry Lin, PA-C
645 Madison Ave New York, NY
200 White Plains Rd 4th Floor Tarrytown, NY
450 Mamaroneck Ave Suite 200 Harrison, NY
Phone: 914-580-9624
Montanna.Casey@rothmanortho.com
Mackenzie.Lindeman@rothmanortho.com
Terry.Lin@rothmanortho.com
www.brandonericksonmd.com
Signature _____ Date _____

