

Sabrina Strickland, MD
Hospital for Special Surgery
523 East 72nd Street
2nd Floor
New York NY 10021-4099

MACI2 TROCHLEA GUIDELINES

	WEIGHT BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S CHECKLIST
Week 0-6	WBAT Use crutches until discontinued by your physical therapist.	Yes Locked in extension when walking. Remove while sleeping after 1-2 weeks.	Full Remove brace for range of motion Goal: 120 degrees by week 6 Focus on regaining full extension CPM goals start 0-40 degrees POD#3 -Week 2: 0-90 Week 4: 0-110 Week 5: 0-120 6hrs/day x 6 weeks	Emphasize patient compliance to home exercise program and weight bearing precautions/progression Avoid pain with therapeutic exercise & functional activities Quad muscle reeducation Patellar mobilization Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion. No open chain knee extension, no SLR	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Gameready 4-6 times/day, 20min on/60min off. ○ Start Physical Therapy 1-2 weeks after surgery - should continue through 6 months or as advised by physician. ○ Patients are responsible for understanding the individual insurance coverage for PT.
Week 7-12	Progress to full WB	Taper off Unlock brace when good quad control achieved.	Full	PT/HEP: LE strength progression within parameters from PT/physician. No open chain knee extension, Continue/normalize phase I exercises as appropriate Avoid weighted flexion exercise Patellar mobilization Stationary bike	
Week 13+				Emphasize patient compliance to maintenance strength program	

				<p>Avoid pain with therapeutic exercise & functional activities.</p> <p>No open chain knee extension until at least 6 months</p>	
9 mos				<p>Avoid running until adequate strength development and as advised by your PT and/or physician.</p> <p>Recommend Quality Movement Screen for return to sport</p>	<p>Activity level should be modified if increase in pain or swelling occurs</p> <p>Limit activity with excessive PF compressive forces</p> <p>Swelling is common in patella transplants up to 9 mo post op</p>

Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 6 weeks. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

Game Ready Ice Machine

- We recommend rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks