



autologous cultured  
chondrocytes  
on porcine  
collagen membrane

# REHABILITATION MANUAL

Guidelines for the functional recovery of patients following MACI  
for the treatment of cartilage defects of the knee

**Indication:** MACI® (autologous cultured chondrocytes on porcine collagen membrane) is an autologous cellularized scaffold product that is indicated for the repair of single or multiple symptomatic, full-thickness cartilage defects of the adult knee, with or without bone involvement.

**Limitations of Use:** Effectiveness of MACI in joints other than the knee has not been established. Safety and effectiveness of MACI in patients over the age of 55 years have not been established.

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# REHABILITATION MANUAL

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## ABOUT THIS MANUAL

This manual provides guidance on how to develop an optimal physician-prescribed rehabilitation program related to MACI (autologous cultured chondrocytes on porcine collagen membrane).

The MACI rehabilitation program is intended to foster early mobilization and load protection, promote graft maturation, and reduce the risk of graft delamination, post-operative thromboembolic events, and joint stiffness. It outlines a path to a progressive return to full range of motion (ROM) and weight bearing (WB), as well as muscle strengthening and conditioning. The MACI rehabilitation program is comprised of three distinct phases. An overview is provided on page 3.

The rehabilitation program in this manual was designed using the knowledge of basic science, anatomy, and the biomechanics of articular cartilage, as well as the natural course of healing following implantation. Much of the program is driven by the work of Dr. Jay Ebert in Australia.<sup>1,2</sup>

This manual reflects clinical expertise derived from the Delphi technique—a method of congregating expert opinion through a series of iterative questionnaires, with a goal of coming to a group consensus—conducted with a panel of US orthopedic surgeons experienced with MACI implantation.<sup>3</sup>

#### REFERENCES:

1. MACI Rehabilitation Manual: Guidelines for the functional recovery of patients following MACI for the treatment of cartilage defects of the knee. 2018. Vericel Corporation.
2. Ebert JR, Robertson WB, Lloyd DG, Zheng MH, Wood DJ, Ackland T. Traditional vs accelerated approaches to post-operative rehabilitation following matrix-induced autologous chondrocyte implantation (MACI): comparison of clinical, biomechanical and radiographic outcomes. *Osteoarthritis Cartilage*. 2008;16:1131-40.
3. Flanigan D, Sherman SL, Chillelli B, Gersoff W, Jones D, Lee CA, Toth A, Cramer C, Zaporozan V, and Carey J. Consensus on Rehabilitation Guidelines among Orthopedic Surgeons in the United States following Use of Third-Generation Articular Cartilage Repair (MACI) for Treatment of Knee Cartilage Lesions. *Cartilage* [Internet]. First published October 30, 2020. Available from: <https://doi.org/10.1177/1947603520968876>
4. Gillogly SD, Myers TH, Reinold MM. Treatment of Full-Thickness Chondral Defects in the Knee With Autologous Chondrocyte Implantation. *J Orthop Sport Phys Ther*. 2006;36(10):751-764.
5. McGee TG, Cosgarea AJ, McLaughlin K, Tanaka M, and Johnson K. Rehabilitation After Medial Patellofemoral Ligament Reconstruction. *Sports Medicine and Arthroscopy Review*, 25(2), 105–113.

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## Each patient's MACI rehabilitation physical therapy needs are unique.

A rehabilitation program should take into account the patient's specific medical history and individual goals. Modifications may be needed based on specifics of the cartilage lesion(s) as well as any concomitant procedures performed at the time of MACI implantation.

**The information presented in this manual is not intended to be a substitute for your individual clinical judgment.** Rehabilitation is a highly individualized process and the following recommendations are intended to help inform your development of a unique rehabilitation program specific to each patient's needs.

**The goal is to restore optimal function in each patient as quickly and safely as possible.** Rehabilitation progression is criterion-based. Although timeframes have been established as a guide, it is more important that goals are reached at the end of each phase prior to progressing to the next

**MACI is contraindicated in patients who are unable to follow a physician-prescribed post-surgical rehabilitation program.**

# PHASES OF MACI REHABILITATION

Individual results for timeline and repair tissue progress will vary.

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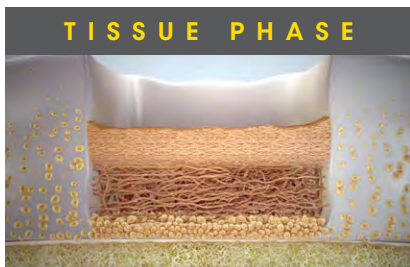
0-3 months following surgery >>>>

3-6 months following surgery >>>>

6-9 months following surgery >>>>

## ACHIEVE ROUTINE

After the immediate post-surgery phase, patients work to quickly achieve pain-free and full passive knee extension while gradually increasing weight bearing and knee flexion range of motion. Over time, the goal is to achieve unassisted ambulation and activities of daily living while becoming thoroughly independent with rehabilitation exercises.

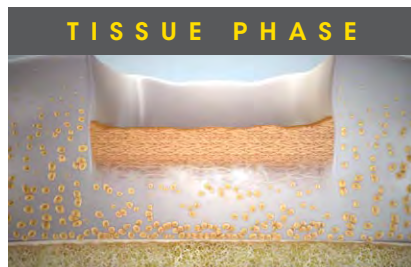


### Implantation & Protection

Cells adhere to bone and begin to proliferate throughout the defect

## BUILD STRENGTH

During this phase, patients should begin to feel comfortable returning to recreational activities. An exercise program will help re-build muscle strength and endurance. Patients may feel ready for more strenuous activity, so you may need to give explicit direction on what activities they are ready for at this stage.

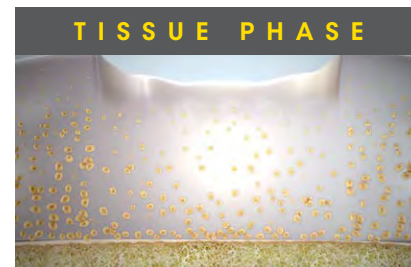


### Transition & Proliferation

Continued proliferation forms a defect-spanning matrix

## BE ACTIVE

Patients will enjoy a return to recreational activities and sports by gradually increasing the difficulty of their exercises. Every patient's recovery is unique and should be guided by your assessment of graft maturation as well as mental preparedness of the patient and the general physical function and level of specific knee strength, stability, and support.



### Remodeling & Maturation

Expansion of the cell matrix into puttylike consistency, progressive hardening until durable repair tissue forms

# PATIENT PROFILES

While all patients will progress through the three phases of rehabilitation, the specific recommendations vary from patient to patient. In order to help you develop the best rehabilitation plan for your patient, this manual contains guidance for **four general patient types**, shown in the table below.

Patient Profiles (Stratified by Defect Location)				
	Patellofemoral (PF)		Tibiofemoral (TF)	
	Patient 1 <sup>a</sup> (PF single defect) ▼ challenging	Patient 2 <sup>b</sup> (PF multiple defects) ▲ challenging	Patient 3 <sup>a</sup> (TF single defect) ▼ challenging	Patient 4 <sup>b</sup> (TF multiple defects) ▲ challenging
No. of defects treated	One	Multiple	One	Multiple
Defect location(s)	Patella	Patella/trochlea	Femoral condyle	Femoral condyle (2x)
Primary lesion size, cm <sup>2</sup> (postdebridement)	<3	≥5	<3	≥5
Age, years	24	50	24	50
Activity level	Office worker/low to moderate exercise	Heavy labor (construction/police/etc.)	Office worker/low to moderate exercise	Heavy labor (construction/police/etc.)

Patient profiles were developed with the intent of establishing boundaries for the timing of rehabilitation steps. Patient types were divided into categories by lesion type and more (▲) versus less (▼) challenging rehabilitation. The assumption was that patients had normal alignment and normal meniscus and ligament status.

Lesion location and concomitant surgeries are important factors in rehabilitation decision-making, specifically in relation to weight bearing. Surgeons in the rehabilitation study indicated that in some cases, an osteotomy might also be performed, which would likely extend the timing of many of the rehabilitation steps.

<sup>a</sup> Patients 1 and 3 are considered to have a “▼ less challenging” rehabilitation due to treatment of a single defect, smaller lesion size, younger age, and lower job-level physical activity.

<sup>b</sup> Patients 2 and 4 are considered to have a “▲ more challenging” rehabilitation due to treatment of multiple defects, larger lesion size, older age, and higher job-level physical activity.

The content presented in the MACI Rehabilitation Manual is for informational purposes only and does not constitute medical advice. Individual results for rehab may vary.

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# ADDITIONAL REHABILITATION FACTORS

When determining the best rehabilitation program to suit a particular patient's needs, the patient's specific medical history, goals, lesion location(s), and concomitant procedures should be taken into account.

## PATIENT CONSIDERATIONS

**Patient Age:** rate of cartilage repair

**Body Mass Index (BMI):** less than 30 vs. greater than 30

**Individual Goals:** demands required of the repaired tissue

**Other Considerations:** fear of reinjury and self-efficacy and patient traits

**Past Medical History:** previous surgical history

## PROCEDURE-MODIFIED REHABILITATION CONSIDERATIONS

### Defect considerations

**Lesion Size** Large lesion size results in greater exposure of the membrane to compression and shear forces, based on the radius of curvature of the joint surface

**Lesion Location** Understand the joint in which the lesion is located as well as the degree at which the lesion articulates against the opposing joint surface

**Duration of Symptoms** Longer duration of symptoms (greater than 12 months) may result in patient deconditioning at the time of post-operative rehabilitation

**Cartilage Quality** Cartilage quality (normal vs. chondropenia) may alter the progression of rehabilitation

**Meniscus Status** Consideration of progression following meniscectomy

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### Concomitant Procedures

Rehabilitation course is modified based on concomitant procedures performed and the biological and biomechanical considerations of those procedures (it is important to maintain communication with the treating surgeon)

#### Anterior Cruciate Ligament Reconstruction

- Rehabilitation varies by ACL graft selection
- Weight bearing is similar to isolated femoral condyle lesions
- Range of motion rate of progression may be increased to avert motion loss for femoral condyle lesions

#### Medial Patellofemoral Ligament Reconstruction

- In single patellofemoral lesion, weight bearing may be decreased for (up to) the initial 2 weeks
- Range of motion is similar to patellofemoral lesions

#### Meniscal Allograft

- Weight bearing rate of progression may be decreased compared to isolated femoral condyle lesions
- Range of motion rate of progression is commonly decreased, with no active knee flexion past 90° for the first 6-8 weeks

#### High Tibial Osteotomy

- Weight bearing rate of progression may be decreased compared to isolated femoral condyle lesions
- A slightly increased rate of range of motion progression may be implemented to avert motion loss depending on radiographic healing

#### Distal Realignment

- Weight bearing rate of progression may be decreased compared to isolated patellofemoral condyle lesions
- Range of motion rate of progression is decreased, 0°-90° for up to the initial 4 weeks
- Active knee extension exercises may be limited during the first 6-8 weeks

# IMMEDIATE POST-OP AND INITIAL PHYSICAL THERAPY VISIT

Immediately following surgery, it is important to maintain joint mobility and muscle tone without placing undue stress on the implant area. Prior to discharge, the patient also must be proficient in, and comfortable with, all aspects of home exercise and functional activities.

During this time, patients should:

- Understand that the week immediately following surgery will be spent managing pain and swelling with the careful introduction of movement
- Know that a comfortable setting is recommended and unnecessary movement should be restricted to protect the implant (rest, immobilization)
- Use RICE as directed (rest, ice, compression, elevation)
- Follow continuous passive motion (CPM) and basic exercises and activities as directed

## Post Surgical Care Tip: use R-I-C-E as your guide

**REST** General rest is incredibly important. Stay off your knee and use crutches as instructed. Follow your surgeon's advice on how long to keep weight off your knee.

**ICE** Ice your knee for 20 minutes every 2 hours.

**COMPRESSION** Use an elastic (ACE-type) wrap or compression bandage on your knee if instructed to do so.

**ELEVATION** Lie down with your knee propped up on pillows.

## REHAB CONTRAINDICATIONS

- Excessive load bearing (>20% of patient body weight) for tibiofemoral defects and uncontained patellofemoral defects, especially in combination with knee flexion
- Ambulation without crutches and a protective knee brace
- Generation of shear forces within the knee
- Knee flexion beyond 45° for tibiofemoral and patellofemoral grafts
- Active knee extension ROM (especially against resistance)

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### Immediate post-op:

- Ensure the patient has an initial appointment (or appropriate contacts) for outpatient physical therapy.
- Ensure the patient is aware of when the next post-operative appointment with their orthopedic surgeon is scheduled.
- If required, ensure that patient has an appointment for the removal of sutures/staples, or is aware when they must be removed.
- Instruct and educate the patient on the importance of following the RICE guidelines for edema control.
- Reinforce WB and brace guidelines.
- Ensure the patient is educated in wound healing, and how to assess changes in the wound and surrounding soft tissue that may indicate infection.

#### If applicable:

- Review the home exercise regimen, ensuring the patient is proficient in safely performing these activities.
- Review (and educate on) techniques for performing functional activities (i.e., stairs, bed transfers, showering, etc.), ensuring the patient is independent in safely performing these activities.

### Initial outpatient physical therapy session:

- Review the patient's level of pain and medication use.
- Ensure the appropriate knee brace is obtained, correctly fitted, and adjusted appropriately.
- Ensure proficiency with crutches, both during normal ambulation and while negotiating stairs.
- Provide appropriate education, training, and proficiency with the desired level of partial WB.
- Review instructions and movement contraindications outlined by the orthopedic surgeon and hospital physical therapist as needed.
- Review and progress the home exercise program based on the current post-operative timeline and patient status.





0-3 months following surgery

# ACHIEVE ROUTINE

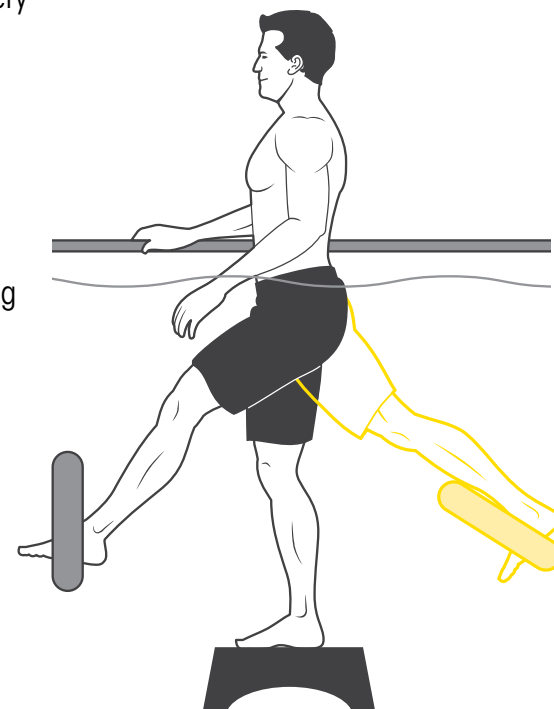
Patients make tremendous strides during this initial phase, beginning with their recovery from surgery and then working towards a pain-free and full passive knee extension with limited weight bearing. By the end of this phase, patients will be thoroughly independent with rehabilitation exercises and should expect to achieve the following goals.

## FUNCTIONAL GOALS

- Mobile with crutches within first week
- Limited weight bearing and pain-free, full knee extension by 2-3 weeks
- Independent home exercise as early as 1 month
- Immediate weight bearing for single PF defect, full weight bearing by 5-6 weeks for multiple PF defects with full knee ROM by 7-9 weeks (single or multiple PF defects)
- Full weight bearing and full knee range of motion by 7-9 weeks for TF defects
- Free from knee brace by 8-12 weeks post-surgery

## ACTIVITY MILESTONES

- Return to light recreational exercise including walking and stationary cycling
- Perform daily routine and activities of daily living (navigating stairs, showering, etc.) with the assistance of crutches
- Start driving again and return to office or seated work





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Patient	Weight Bearing (WB)	Range of Motion (ROM)	Work & Activities of Daily Living (ADL)	Recreational Activities & Sports
Patient 1 <b>PF</b> Single Defect	<b>Time to WB:</b> Immediately <b>% of body weight:</b> 81-100% <b>Full WB:</b> Immediately	<b>Time to passive ROM:</b> Immediately <b>Time to early active ROM:</b> 2 weeks <b>Time to full active ROM:</b> 6 weeks <b>ROM progression:</b> 0° to 45°, increasing by 15° each week following week 1 <b>Full ROM:</b> 7-9 weeks	<b>Release to unrestricted ADLs:</b> As early as 3 months  <b>Release to sedentary work:</b> As early as 2 weeks	<b>Stationary cycling:</b> 3-4 weeks
Patient 2 <b>PF</b> Multiple Defects	<b>Time to WB:</b> Immediately <b>% of body weight:</b> <20% (uncontained lesion), increasing by 15-20% each week following week 1 81-100% (contained lesion) <b>Full WB:</b> 5-6 weeks  <small>*Nonkissing lesions; neutral joint alignment</small>	<b>Time to passive ROM:</b> Immediately <b>Time to early active ROM:</b> 4 weeks <b>Time to full active ROM:</b> 8-10 weeks <b>ROM progression:</b> 0° to 45°, increasing by 15° each week following week 1 <b>Full ROM:</b> 7-9 weeks	<b>Release to unrestricted ADLs:</b> As early as 3 months  <b>Release to sedentary work:</b> As early as 4 weeks	<b>Stationary cycling:</b> 5-6 weeks
Patient 3 <b>TF</b> Single Defect	<b>Time to WB:</b> Immediately <b>% of body weight:</b> <20%, increasing by 10-15% each week following week 1 <b>Full WB:</b> 7-9 weeks	<b>Time to passive ROM:</b> Immediately <b>Time to early active ROM:</b> Immediately <b>Time to full active ROM:</b> As tolerated, 4 weeks <b>ROM progression:</b> 0° to 45°, increasing by 15° each week following week 1 <b>Full ROM:</b> 7-9 weeks	<b>Release to unrestricted ADLs:</b> As early as 3 months  <b>Release to sedentary work:</b> As early as 2 weeks	<b>Stationary cycling:</b> 3-4 weeks
Patient 4 <b>TF</b> Multiple Defects	<b>Time to WB:</b> Immediately <b>% of body weight:</b> <20%, increasing by 10-15% each week following week 1 <b>Full WB:</b> 7-9 weeks	<b>Time to passive ROM:</b> Immediately <b>Time to early active ROM:</b> Immediately <b>Time to full active ROM:</b> As tolerated, 4 weeks <b>ROM progression:</b> 0° to 45°, increasing by 15° each week following week 1 <b>Full ROM:</b> 7-9 weeks	<b>Release to unrestricted ADLs:</b> As early as 3 months  <b>Release to sedentary work:</b> As early as 4 weeks	<b>Stationary cycling:</b> 5-6 weeks

0-3 months following surgery

# ACHIEVE ROUTINE

## WEEKS 0-1

### Pain Control

- Provide appropriate analgesics for pain control

### Exercises

- Start 0°-45° CPM of knee flexion (12-24 hours post-surgery for at least 1 hour each day)
- For first 3 weeks, wear ROM control brace (Set at 0°-30° of knee flexion)
- Apply cryotherapy (20 minutes of ice, at least 3 times per day)
- Perform active ankle plantarflexion and dorsiflexion
- Encourage contraction of quadriceps, hamstrings, and gluteal muscles

### Reminders

- Ensure proper breathing techniques during exercise
- Offer information on proper ambulation with crutches, bed transfers, and stairs
- Provide written and verbal instruction on performing daily living activities while limiting weight bearing on knee implant

	Ambulatory Aids	Knee Bracing	
<b>PF</b>	2 crutches	Locked at full knee extension	>>>>>
<b>TF</b>	2 crutches	Progress from 0°-30°	>>>>>
<b>PF+ TF</b>	2 crutches	Locked at full knee extension	>>>>>

## WEEKS 2-3

### Range of Motion and Flexibility

- Use CPM at end of session for 20-30 minutes
- Passive and active heel slides
- Passive knee extension
- Careful patellar mobilization in all directions

### Exercises

- Contraction and co-contraction of quadriceps
- Contractions of hamstrings, adductor, calf, and gluteal muscles
- Straight-leg-raise activities

### Hydrotherapy Exercises

- Deep water walking and calf raises
- Straight-leg hip flexion, extension, abduction, and circumduction (with or without floatation devices)
- Passive knee flexion
- Hamstring and calf stretching

	Ambulatory Aids	Knee Bracing	
<b>PF</b>	2 crutches	Locked at full knee extension	>>>>>
<b>TF</b>	2 crutches	Progress from 0°-30° to 0°-45°	>>>>>
<b>PF+ TF</b>	2 crutches	Locked at full knee extension	>>>>>

**Number of Defects:** Rehabilitation may vary if single or multiple lesions.

**PF + TF:** Rehabilitation may be altered to address healing constraints of both PF and TF lesion locations.

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After the immediate post-surgery phase, patients will work towards a pain-free and full passive knee extension with limited weight bearing. Over time, the goal is to be free of ambulation devices and knee braces while becoming thoroughly independent with rehabilitation exercises.

**Symptom Control:** Perform clearance and lymphatic remedial massage, cryotherapy, compression, and elevation as required for edema

## WEEKS 4-6

### Range of Motion and Flexibility

- Continue flexibility/stretching exercises
- Stretch hamstrings and calf musculature
- Careful patellar mobilization in all directions
- Use CPM to maximum comfortable range as required
- Begin recumbent cycling

### Exercises

- Continue strengthening exercises
- Progress straight-leg-raise activities
- Introduce gluteal, calf, hip, and trunk strengthening exercises

### Hydrotherapy Exercises

- Continue hydrotherapy exercises
- Introduce active knee flexion exercises, shallow water walking, shallow water calf raises, deep water squats, and pool cycling

## WEEKS 7-12

### Range of Motion and Flexibility

- Continue Week 2-6 flexibility/stretching exercises
- Stretch quadriceps musculature (Weeks 9-10)
- Begin passive knee ROM on rowing ergometer (Weeks 9-10)
- Careful patellar mobilization in all directions
- Use CPM to maximum comfortable range as required
- Begin upright cycling

### Exercises

- Continue Week 2-6 strengthening exercises
- Introduce standing hip and weighted knee flexion strengthening exercises

	Ambulatory Aids	Knee Bracing			Ambulatory Aids	Knee Bracing	
<b>PF</b>	1-2 crutches (Weeks 4-5); 1 crutch as required (Week 6)	Use brace as required (Week 6)	>>>>>	<b>PF</b>	No crutches	No brace	>>>>>
<b>TF</b>	1-2 crutches	Progress from 0°-45° to full flexion	>>>>>	<b>TF</b>	1 crutch as needed in outdoor/unfamiliar	Allow full knee flexion within brace	>>>>>
<b>PF+ TF</b>	1-2 crutches	Progress from 0°-45° to full flexion	>>>>>	<b>PF+ TF</b>	1 crutch as needed in outdoor/unfamiliar	Allow full knee flexion within brace	>>>>>

3-6 months following surgery

# BUILD STRENGTH

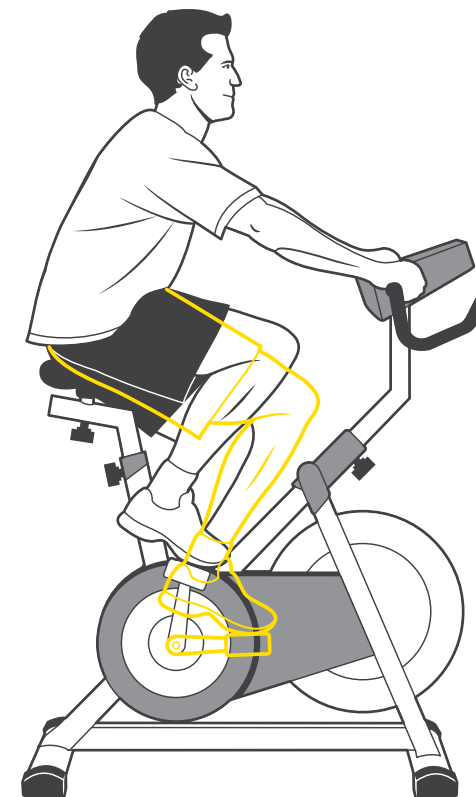
Having achieved full weight bearing and range of motion in the previous phase, patients spend this phase focused on rebuilding muscle strength and endurance. Patients may feel ready for more strenuous activity, so you may need to give explicit direction on what activities they are ready for at this stage.

## FUNCTIONAL GOALS

- Full and pain-free weight bearing and range of motion
- Continue progression of strengthening exercises without pain or swelling
- Transition to gym/home based rehab
- Free from crutches

## ACTIVITY MILESTONES

- Return to low-impact recreational activities including: cycling, golf, yoga & pilates, rowing & kayaking, swimming, dancing, elliptical & treadmill
- Return to more physically active jobs such as nursing or construction (as directed)
- Return to daily activities that require strength and endurance



Patient	Weight Bearing (WB)	Range of Motion (ROM)	Work & Activities of Daily Living (ADL)	Recreational Activities & Sports
Patient 1 <b>PF</b> Single Defect	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work Release to heavy labor: 3-6 months	Outdoor cycling: 5-6 months Evaluation for running: 6 months Low-impact recreational activities: As directed
Patient 2 <b>PF</b> Multiple Defects	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work	Outdoor cycling: 5-6 months Low-impact recreational activities: As directed
Patient 3 <b>TF</b> Single Defect	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work Release to heavy labor: 3-6 months	Outdoor cycling: 3-4 months Evaluation for running: 6 months Low-impact recreational activities: As directed
Patient 4 <b>TF</b> Multiple Defects	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work	Outdoor cycling: 5-6 months Low-impact recreational activities: As directed

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## RECOMMENDATIONS

During this phase, patients should be performing exercises that help rebuild muscles and increase endurance.

### Range of Motion and Flexibility

- Continue flexibility/stretching exercises

### Exercises

- Continue strengthening exercises
- Introduce bridging exercises and standing single-leg calf raises
- Introduce modified open kinetic chain (OKC) and closed kinetic chain (CKC) exercises
  - OKC: terminal leg extension
  - CKC: inner-range quadriceps; leg press activities
- Progress upright stationary and outdoor road cycling
- Begin rowing ergometry as tolerated

6-9 months following surgery

# BE ACTIVE

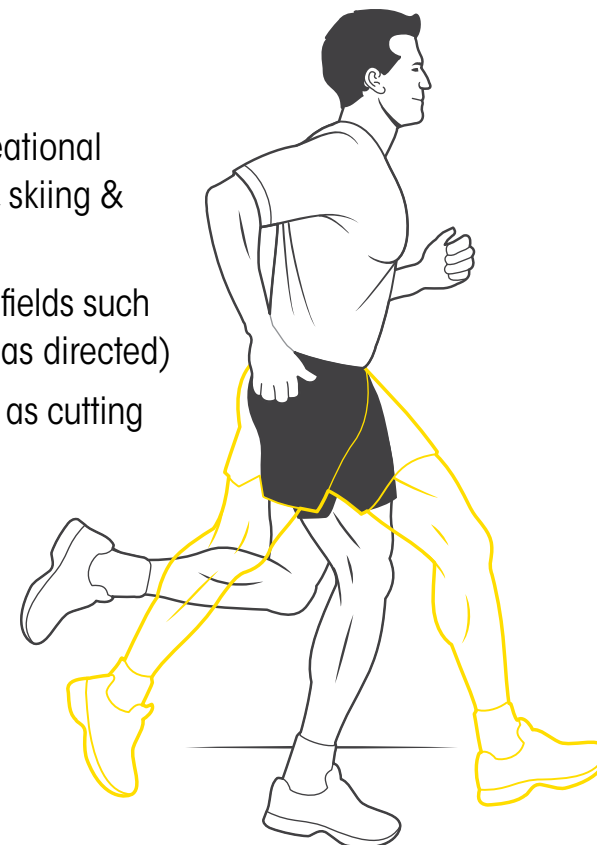
Patients should enjoy a return to recreational activities and sports by gradually increasing the difficulty of their exercises. Every patient's recovery is unique and should be guided by your assessment of graft maturation as well as mental preparedness of the patient and the general physical function and level of specific knee strength, stability, and support.

## FUNCTIONAL GOALS

- Increase distance, time, and difficulty of exercises
- Ability to tolerate lengthy walking distances
- Return to a pre-operative level of activity

## ACTIVITY MILESTONES

- Return to pre-injury sports-based recreational activities including: running distances, skiing & snowboarding, weight training, tennis
- Return to work for those in heavy labor fields such as military deployment or firefighting (as directed)
- Over time, heavy impact activities such as cutting or pivoting can be reintroduced



Patient	Weight Bearing (WB)	Range of Motion (ROM)	Work & Activities of Daily Living (ADL)	Recreational Activities & Sports
Patient 1 <b>PF</b> Single Defect	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work Release to heavy labor	Release to running: 7-9 months Release to tennis*: 9 months
Patient 2 <b>PF</b> Multiple Defects	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work	Evaluation for running: 8 months (as directed)
Patient 3 <b>TF</b> Single Defect	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work Release to heavy labor	Release to running: 7-9 months Release to tennis*: 9 months
Patient 4 <b>TF</b> Multiple Defects	Full WB	Full ROM	Release to unrestricted ADLs Release to sedentary work	Evaluation for running: 8 months (as directed)

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\*Other examples of this type of sport are pickle ball, golf.

## RECOMMENDATIONS

It's essential for patients to maintain a rehabilitation program in order to continue progressing. At this point, patients should be adept in all activities of daily living and their exercise program should support their return to all activities of daily living and even things like running, low-impact sports, and other recreational activities.

### Range of Motion and Flexibility

- Continue flexibility/stretching exercises

### Exercises

- Progression and increased difficulty of open kinetic chain exercises
- Progression and increased difficulty of closed kinetic chain exercises (e.g., step ups/downs, modified squat activities)
- Introduction of agility exercises
- Ability to navigate uneven ground, inclines and obstacles
- Return to running program
- Return to low-impact sports and recreational activities
- Return to all activities of daily living
- Maintaining rehabilitation program is essential for continued progression

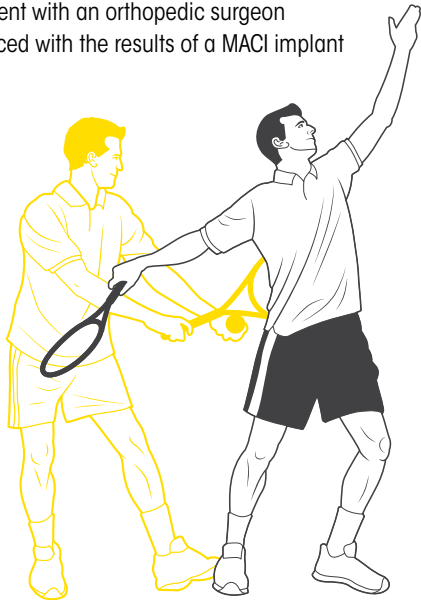


# 9+ MONTHS AFTER SURGERY

Patients should be able to resume normal functionality as well as low-compression recreational activities, which should initially be performed in isolation and then with the appropriate equipment. (It is not the purpose of this document to outline a protocol of specific exercises and activities.)

## At this point:

- The patient's graft has matured to the point at which it is able to withstand the specific demands of the chosen activity
- The patient has been appropriately rehabilitated to the point at which he or she is able to physically and psychologically undertake the demands of the chosen activity
- The patient has undergone appropriate clinical assessment with an orthopedic surgeon experienced with the results of a MACI implant



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Patient	Work / Sports
Patient 1 <b>PF</b> Single Defect	<b>Release to contact/collision sports<sup>†</sup>:</b> 12+ months
Patient 2 <b>PF</b> Multiple Defects	<b>Release to heavy labor:</b> 9-12 months <b>Release to running:</b> 10-12 months <b>Release to tennis*:</b> 10-12 months <b>Release to contact/collision sports<sup>†</sup>:</b> 10-12 months
Patient 3 <b>TF</b> Single Defect	<b>Release to contact/collision sports<sup>†</sup>:</b> 10-12 months
Patient 4 <b>TF</b> Multiple Defects	<b>Release to heavy labor:</b> 9-12 months <b>Release to running:</b> 10-12 months <b>Release to tennis*:</b> 12+ months <b>Release to contact/collision sports<sup>†</sup>:</b> 12+ months

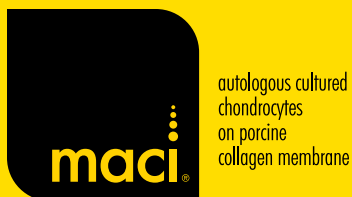
\*Other examples of this type of sport are pickle ball, golf.  
†Examples are soccer, football, hockey, combat sports.

## KEY POINTS

Each patient's MACI rehabilitation physical therapy needs are unique. A rehabilitation program should take into account the patient's specific medical history and individual goals. Modifications may be needed based on specifics of the cartilage lesion(s) as well as any concomitant procedures performed at the time of MACI implantation.

### To help optimize outcomes, you need to consider:

- Patient adherence to the prescribed rehabilitation program is critical.
- Consider lesion size, location and patient characteristics when determining a rehabilitation program.
- Emphasis should be placed on reaching the goals of a given phase over rigid adherence to time schedule.
- It is important to avoid excessive load/WB on the graft site to allow proper healing.
- Pain and swelling must be carefully monitored throughout the rehabilitation process. Ignoring these symptoms may compromise the success of the surgery and the patient's outcome.
- If sharp pain with locking or swelling is experienced, the patient should notify their surgeon immediately. Activity should be adjusted to lessen the irritation. Cryotherapy may be used to control the swelling.



# Active cells help restore active patients

## Indication

MACI® (autologous cultured chondrocytes on porcine collagen membrane) is an autologous cellularized scaffold product that is indicated for the repair of single or multiple symptomatic, full-thickness cartilage defects of the adult knee, with or without bone involvement.

MACI is intended for autologous use and must only be administered to the patient for whom it was manufactured. The implantation of MACI is to be performed via an arthrotomy to the knee joint under sterile conditions.

The amount of MACI administered is dependent upon the size (surface in cm<sup>2</sup>) of the cartilage defect. The implantation membrane is trimmed by the treating surgeon to the size and shape of the defect, to ensure the damaged area is completely covered, and implanted cell-side down.

## Limitations of Use

Effectiveness of MACI in joints other than the knee has not been established.

Safety and effectiveness of MACI in patients over the age of 55 years have not been established.

## Important Safety Information

MACI is contraindicated in patients with a known history of hypersensitivity to gentamicin, other aminoglycosides, or products of porcine or bovine origin. MACI is also contraindicated for patients with severe osteoarthritis of the knee, inflammatory arthritis, inflammatory joint disease, or uncorrected congenital blood coagulation disorders. MACI is also not indicated for use in patients who have undergone prior knee surgery in the past 6 months, excluding surgery to procure a biopsy or a concomitant procedure to prepare the knee for a MACI implant.

MACI is contraindicated in patients who are unable to follow a physician-prescribed post-surgical rehabilitation program.

The safety of MACI in patients with malignancy in the area of cartilage biopsy or implant is unknown. Expansion of present malignant or dysplastic cells during the culturing process or implantation is possible.

Patients undergoing procedures associated with MACI are not routinely tested for transmissible infectious diseases. A cartilage biopsy and MACI implant may carry the risk of transmitting infectious diseases to healthcare providers handling the tissue. Universal precautions should be employed when handling the biopsy samples and the MACI product.

Final sterility test results are not available at the time of shipping. In the case of positive sterility results, health care provider(s) will be contacted.

To create a favorable environment for healing, concomitant pathologies that include meniscal pathology, cruciate ligament instability and joint malalignment, must be addressed prior to or concurrent with the implantation of MACI.

Local treatment guidelines regarding the use of thromboprophylaxis and antibiotic prophylaxis around orthopaedic surgery should be followed. Use in patients with local inflammations or active infections in the bone, joint, and surrounding soft tissue should be temporarily deferred until documented recovery.

The MACI implant is not recommended during pregnancy. For implantations post-pregnancy, the safety of breast feeding to infant has not been determined.

Use of MACI in pediatric patients (younger than 18 years of age) or patients over 65 years of age has not been established.

The most frequently occurring adverse reactions reported for MACI (≥5%) were arthralgia, tendonitis, back pain, joint swelling, and joint effusion.

Serious adverse reactions reported for MACI were arthralgia, cartilage injury, meniscus injury, treatment failure, and osteoarthritis.



64 Sidney Street  
Cambridge, MA 02139  
800-453-6948  
[www.MACI.com](http://www.MACI.com)

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For more information, please see [full Prescribing Information](#) or visit [MACI.com](http://www.MACI.com)



autologous cultured  
chondrocytes  
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collagen membrane

# Active cells help restore active patients

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