



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

MACI or OCA PHYSICAL THERAPY

Philosophy

This protocol is to be utilized as a guideline. There will always be individual differences amongst patients regarding progression and tolerance of specific activities. Progression through the protocol will depend on successful accomplishments of set milestones as assessed by the physician and the physical therapist/athletic trainer.

The patient's home exercise program is of utmost importance and should be monitored and emphasized. Initially, patients should be performing their exercises several times a day to regain motion. Due to the importance of regaining early motion, Dr. Stirton's patients are to be seen 3x/week for the first month.

Rehabilitation should create the optimal environment for the natural process of healing to occur. Initially, there should be a strong emphasis on minimizing swelling and pain as well as motion restoration. If a patient's progress is significantly delayed, please contact the physician office to keep them informed.

If you have any questions regarding this protocol, please contact the UGH Orthopedics and Sports Medicine Department at (706) 439-6858.



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

Phase I: Weeks 0- 1

TREATMENT GOALS:

- Control pain and effusion.
- Achieve adequate quad/VMO contraction, no extensor lag.
- Independent in HEP.
- ROM 0-30 deg by week 1.

PRECAUTIONS:

- Brace locked in 30 degrees of flexion when toe-touch weight bearing (20% of weight) with crutches.
- May remove brace to use CPM.

MANUAL THERAPY:

- No patellar mobilizations.
- CPM four times daily for 30 minutes each time at home.

SUGGESTED EXERCISES:

- **No loading until 6 wks.**
- Ankle pumps.
- Gastroc/soleus stretch.
- Hamstring/ITB stretch.
- Prone hangs to facilitate extension.
- Heel slides for flexion.
- Isometric quad sets with E-stim.

FOR ADVANCED PATIENT/ATHLETES: UBE, UE weight lifting, core strengthening may be done if it does not load LEs.

MODALITIES:

- E-stim and cryotherapy as needed.



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

Phase II: Weeks 1-4

TREATMENT GOALS:

- Control pain and effusion.
- Achieve adequate quad/VMO contraction, no extensor lag.
- Independent in HEP.
- ROM 0-60 deg by week 3. ROM 0-90 deg by week 4.

PRECAUTIONS:

- Brace locked in 30 degrees of flexion when toe-touch weight bearing (50% of weight) with crutches.
- May remove brace to use CPM. CPM ends after week 4.

MANUAL THERAPY:

- No patellar mobilizations.
- CPM four times daily outside PT for 30 minutes each time at home.

SUGGESTED EXERCISES:

- **No loading until 6 wks.**
- Ankle pumps.
- Gastroc/soleus stretch.
- Hamstring/ITB stretch.
- Prone hangs to facilitate extension.
- Heel slides for flexion.
- Isometric quad sets with E-stim.
- SAQ, prone knee extensions/TKEs.
- Multi-angle isometrics 0-60.

FOR ADVANCED PATIENT/ATHLETES: UBE, UE weight lifting, core strengthening may be done if it does not load LEs.

MODALITIES:

- E-stim and cryotherapy as needed.



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

Phase III: Weeks 4-6

TREATMENT GOALS:

- Control pain and effusion.
- Achieve adequate quad/VMO contraction, no extensor lag.
- Independent in HEP.
- ROM 0-130 degrees by week 6.

PRECAUTIONS:

- Brace locked in full extension when toe-touch weight bearing (75% of weight week 4 to 100% week 6).

MANUAL THERAPY:

- No patellar mobilizations.
- CPM four times daily outside PT for 30 minutes each time at home.

SUGGESTED EXERCISES:

- **No loading until 6 wks.**
- Ankle pumps.
- Gastroc/soleus stretch.
- Hamstring/ITB stretch.
- Prone hangs to facilitate extension.
- Heel slides for flexion.
- Isometric quad sets with E-stim.
- SLR in 4 planes, supine/side lying hip circles.
- SAQ, prone knee extensions/TKEs.
- Multi-hip machine in 4 planes.
- Hip flexion-seated.
- Multi-angle isometrics 0-60.
- Recumbent cycling (0-90 degrees) starting week 5.

FOR ADVANCED PATIENT/ATHLETES: UBE, UE weight lifting, core strengthening may be done if it does not load LEs.

MODALITIES:

- E-stim and cryotherapy as needed.



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

Phase IV: Weeks 7-12

TREATMENT GOALS:

- Be aware of changes in condition (such as pain and effusion) and modify program as indicated.
- Full ROM.
- Adequate quad/VMO contraction.
- Control pain and effusion.
- PWB to FWB with quad control.
- Ambulate with good control of knee and no deviations.

PRECAUTIONS:

- Wear brace unlocked until week 10.
- No Impact.
- No loading past 90 degrees until 12 weeks.

MANUAL THERAPY:

- Patellar mobilization daily.
- Continue stretches as previous.
- Scar Massage.

SUGGESTED EXERCISES:

- Continue previous exercises as indicated.
- Monster walk add variations.
- Heel-toe walking, cone stepping to Dynamic warm-up.
- Leg Press, Total gym (0-60) or Reformer.
- Wall squats.
- Lateral step down.
- Stationary bike.
- Mini-squats/squats (0-90).
- Hamstring curl (0-90).
- Leg Press (0-90).
- Lunges-knee not to migrate over toe.
- Begin light circuit training - Stepper, NordicTrack, treadmill, ladder drills at 16 weeks.

BALANCE TRAINING:

- Cone walking.
- Mini squat with UE or LE reach (rock around the clock).
- Single leg balance with plyotoss or other challenge.
- Wobble board work and sports cord agility work at 16 weeks.

MODALITIES:

- Cryotherapy as needed.



UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

Jacob B. Stirton, MD

www.jacobstirtonmd.com

706-439-6858

Phase V: Weeks 13+

TREATMENT GOALS:

- Enhance neuromuscular control.
- Perform selected sports specific activity and release per MD to unrestricted sporting activity.
- Achieve maximal strength and endurance.

FUNCTIONAL TRAINING:

- Initiate light plyometric/sports metric type program (as released by MD for impact loading).
- Box jumps, level, double-leg, rope jumping, star jumps, hopping.
- Sport specific drills.
- Intensify circuit training - Stepper, elliptical, treadmill, ladder drills, rope jumping, reaction drills.

RUNNING PROGRAM:

- Water walking.
- Swimming (kicking).
- Backward run.
- Return to jogging if patient is tolerating plyometrics.

CUTTING PROGRAM:

- Lateral shuffle.
- Carioca, figure 8's.
- LEFTest run.

MODALITIES:

- As needed.

*Advanced weight training and sports specific drills are advised to maintain a higher level of competition.