

Patellar MACI with TTO Guidelines - Swimmer

0-8 wks	NWB x 4wk, 50% WB x 2 wks, WBAT 6-8 wks
	Brace lock in extension for gait x 8 wks
	PROM:
	0-20 wk1, 0-30 wk2, 0-60 wk3, 0-90 wk4, 0-125 wk5-6, then as tolerated
	Begin bike at 4-6 weeks for PROM
	Aquatics at 6 weeks for gait training (chest deep)

8-12 wks	Begin swimming with pull buoy (no kicking), tethered to a elastic band or against current (no flip turns), consider using band around ankles as well
	Focus on ADL and restoration of normalized gait

3-6 months	Begin Strength training (no open chain extension other than AROM if painful)
	Open chain knee extension around 12-16 wks through pain free ROM
	Begin Freestyle with gentle kicking around 4 months (only if pain free)

7-9 months	
	Consider fins or other open chain resistance (pain free)
	Consider power exercise/jumping (pain free)
	Flip turns & starts off starting blocks (when deep squat and jumping on land are pain free)

Order introducing strokes upon return to swimming: Freestyle then backstroke for first 4 months, then butterfly at 4-6months, then breaststroke at ~6 to 7 months

*must perform a quality SL squat through a full ROM prior to breast stroke

9-12 months	Consider return to competition once volume matches training and competition demands
	*Could consider 7-9 months in exceptional cases only

