MACI.COM

maci®

autologous cultured chondrocytes on porcine collagen membrane

MACI rehabilitation flexion options

0-3 months following surgery

Knee flexion using continuous passive motion (CPM)



When CPM is not an option, below are alternative flexion exercises demonstrated on the patient's **left knee**. Exercises are appropriate for all lesion locations.



Heel Slides

Loop a towel or belt around your heel on the surgical leg. Slowly slide your heel toward you as far as you can tolerate. Slowly return to the starting position. Repeat.

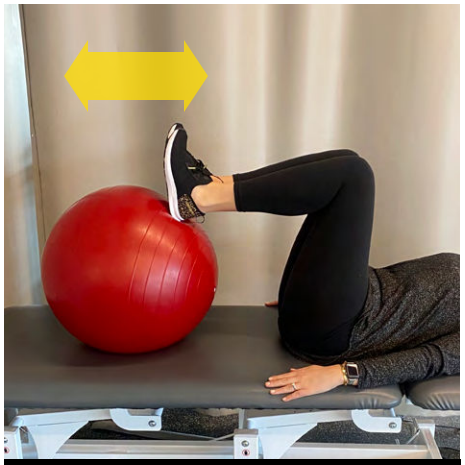
Goal: 300+ per day



Wall Slides

Laying on your back with your feet on the wall, loop a towel or belt around your heel on the surgical leg. Slowly slide your heel down the wall as far as you can tolerate. Slowly return to the starting position. Repeat.

Goal: 300+ per day



Swiss Ball Roll-Outs

Laying on your back with your feet on a swiss ball, use your non-surgical leg to pull the ball towards you. Slowly slide the ball back to the starting position. Repeat.

Goal: 300+ per day



Rolling Stool Flexion

Sitting on a rolling stool, use your non-surgical leg to pull you forward to bend your surgical limb. Slowly roll back to the starting position. Repeat.

Goal: 300+ per day

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.

Please see full Indication and Important Safety Information. For more information, please see Full Prescribing Information, or visit MACI.com

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Indication

MACI® (autologous cultured chondrocytes on porcine collagen membrane) is made up of your own (autologous) cells that are expanded and placed onto a film that is implanted into the area of the cartilage damage and absorbed back into your own tissue.

MACI is used for the repair of symptomatic cartilage damage of the adult knee.

The amount of MACI applied depends on the size of the cartilage damage. The MACI film is trimmed by your surgeon to match the size and shape of the damage, to ensure the damaged area is completely covered.

Limitations of Use

It is not known whether MACI is effective in joints other than the knee.

It is not known whether MACI is safe or effective in patients over the age of 55 years.

Important Safety Information

MACI should not be used if you:

- are allergic to antibiotics such as gentamicin, or materials that come from cow, pig, or ox;
- have severe osteoarthritis of the knee, other severe inflammatory conditions, infections or inflammation in the bone joint and other surrounding tissue, or blood clotting conditions;
- have had knee surgery in the past 6 months, not including surgery for obtaining a cartilage biopsy or a surgical procedure to prepare your knee for a MACI implant;
- or cannot follow a doctor-prescribed rehabilitation program after your surgery

Consult your doctor if you have cancer in the area of the cartilage biopsy or implant as the safety of MACI is not known in those cases.

Conditions that existed before your surgery, including meniscus tears, joint or ligament instability, or alignment problems should be evaluated and treated before or at the same time as the MACI implant.

MACI is not recommended if you are pregnant.

MACI has not been studied in patients younger than 18 or over 55 years of age.

Common side effects include joint pain, tendonitis, back pain, joint swelling, and joint effusion.

More serious side effects include joint pain, cartilage or meniscus injury, treatment failure, and osteoarthritis.

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For more information, please see Full Prescribing Information, or visit MACI.com