



autologous cultured
chondrocytes
on porcine
collagen membrane

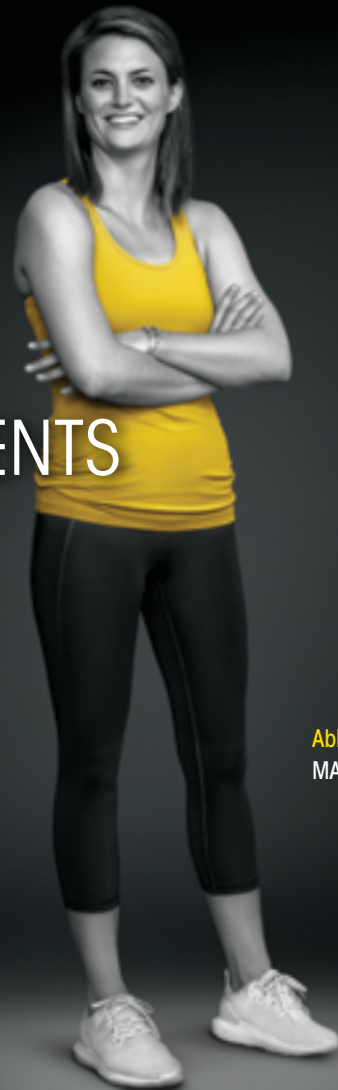
MACI REHABILITATION: HELPING RESTORE ACTIVE PATIENTS

ACHIEVE ROUTINE >>>> BUILD STRENGTH >>>> BE ACTIVE

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.

Please see full [Indication and Important Safety Information](#).
For more information, please see [full Prescribing Information](#).

MACI.COM



Abby
MACI Patient

>>>>> ACHIEVE ROUTINE 0-3 months following surgery



Following the MACI procedure, your knee will be immobilized and you will follow a physician-prescribed rehabilitation program specifically designed for you. The level of commitment you make to rehab will play a key role in your return to activity.

Immediately following surgery, it is important to maintain joint mobility and muscle tone while managing pain, swelling, and wound care. RICE (rest, ice, compression, elevation) as directed.

After the immediate post-surgery phase, work towards a pain-free and full passive knee extension and limited weight bearing. Over time, the goal is to be free of ambulation devices and knee braces while becoming thoroughly independent with rehabilitation exercises. Clinic visits will be less frequent as you get back to your daily routine.

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
- Full weight bearing and full knee range of motion by 8-12 weeks post-surgery
- Free from knee brace by 8-12 weeks post-surgery

ACTIVITY MILESTONES

- Return to light recreational exercise including walking
- 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

MACI REHABILITATION:
HELPING RESTORE ACTIVE PATIENTS

0-3 months following surgery

ACHIEVE ROUTINE

“ I had an amazing physical therapist and overall felt like things progressed really well. I was back to work as a resident physician 4 weeks after surgery and completely off crutches by 6 weeks. ”

*Individual results for rehab may vary



Courtney
MACI Patient

Timelines are based on clinical observations and should not be considered medical advice.

Individual results for activity and repair tissue progress will vary. Your doctor will help you decide when you are ready for certain activities.

For more information, please see [Important Safety Information](#) and [full Prescribing Information](#) or visit [MACI.com](#)

MACI.COM

>>>> **BUILD STRENGTH** 3-6 months following surgery



MACI REHABILITATION:
HELPING RESTORE ACTIVE PATIENTS

3-6 months following surgery

FUNCTIONAL GOALS

During this phase, you should begin to feel comfortable returning to recreational activities. Your exercise program will help rebuild muscle strength and endurance. You may feel ready for more strenuous activity, but patience is key as you and your doctor decide what's right.

You may choose to become more independent with your prescribed gym and home rehabilitation program. Some patients may choose to only continue attending their outpatient clinic once or twice per week independently, though group supervised.

At this point in your recovery, the goal is to feel unimpeded and pain-free moving through your everyday environment, including navigating stairs.

- 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
- Return to daily activities that require strength and endurance

BUILD STRENGTH

“My physical therapist and I were so impressed with the rehabilitation program provided by MACI. It broke down the exercises and expectations for each week and gave me milestones to look forward to. **After 4 months, I was able to start jogging again and going back to the gym.**”

*Individual results for rehab may vary

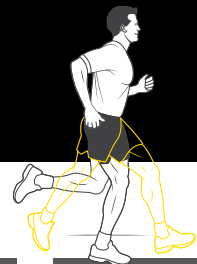


Kayla
MACI Patient

Timelines are based on clinical observations and should not be considered medical advice. Individual results for activity and repair tissue progress will vary. Your doctor will help you decide when you are ready for certain activities. For more information, please see [Important Safety Information](#) and [full Prescribing Information](#) or visit [MACI.com](#)

MACI.COM

>>>> **BE ACTIVE** 6-9 months following surgery



FUNCTIONAL GOALS

Enjoying a return to sports-based recreational activities is achieved in this phase by gradually increasing the difficulty of your exercises. By this point in your recovery, your knee may feel more "normal," but your doctor will help recommend when you can return to activities with heavy impact, cutting, or pivoting.

You should expect to regain everyday function including the ability to traverse uneven or soft ground, inclines, and other obstacles.

Every patient's recovery is unique. Maintaining your specific doctor-prescribed rehabilitation program is essential for continued progression.

- 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
- Over time, heavy impact activities such as cutting or pivoting can be reintroduced

Timelines are based on clinical observations and should not be considered medical advice. Individual results for activity and repair tissue progress will vary. Your doctor will help you decide when you are ready for certain activities. For more information, please see [Important Safety Information](#) and [full Prescribing Information](#) or visit [MACI.com](#)

MACI REHABILITATION:
HELPING RESTORE ACTIVE PATIENTS

6-9 months following surgery

BE ACTIVE

“ I was surprised by how quickly I felt better. I was doing my physical therapy exactly as I was supposed to. I kept on track and was able to see rapid improvements. **After 6 months, I was even attending my previous fitness classes and I had returned to a regular running program.** ”

Chris
MACI Patient

*Individual results for rehab may vary

MACI.COM



POST-REHABILITATION

9+ months following surgery

Chris' recovery

“I'm close to being back to the best shape of my life and keep improving every day. I have been able to get back to all the physical activities I love doing, like running, squatting, jumping, lunging, weight lifting, taking fitness classes, boxing, hiking, and camping.”

Recovery from MACI treatment varies greatly. That's why your rehabilitation program is tailored specifically to your individual goals and objectives. Everyone heals at their own rate and cartilage will continue to mature over time. Always follow the advice of your doctor as you get back to heavy impact activities such as cutting or pivoting.

*It's your
MOVE*



autologous cultured
chondrocytes
on porcine
collagen membrane

Active cells help restore active patients

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.



MACI[®] is a registered trademark of Vericel Corporation.
©2020 Vericel Corporation. All rights reserved. PP.US.MAC.0795 v2.0

1. Saris D, Price A, Widuchowski W, et al. for the SUMMIT study group. Matrix-applied characterized autologous cultured chondrocytes versus microfracture: two-year follow-up of a prospective randomized trial. *Am J Sports Med.* 2014;42:1384-1394.

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