



ChondroFiller[®] liquid

Rehabilitation and post treatment

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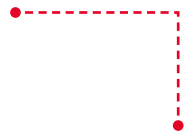
Improving Collagen. Improving Life.



with femoral defects

post-op – week 1 – 6

| Load | Mobilisation | Sport/Rehab |
|---|-----------------------|--|
| Partial load with forearm crutches 15 – 20 kg | CPM with restrictions | Water gymnastics, swimming |
| Movement restriction by orthosis* | Week 2–3 0/0/60° | Physiotherapy with closed chain |
| | Week 4–6 0/0/90° | Alternatively, physiotherapy with open chain |
| Increase in load every 2 weeks | | Depending on the site of the defect |
| Alternatively, fast increase in load | CPM 3–8h/day | |
| Week 1–2 20% movement | | Development of leg control |
| Week 3–4 50% movement | | |
| Week 5–6 full movement | | Isometric tension exercise |



week 6 – 12

| Load | Mobilisation | Sport/Rehab |
|---|--|---|
| Increase in load up to full body weight | Coordination exercise | Bicycle, ergometer, swimming, rowing, cycling |
| 15–20 kg a week | Mobilise slowly at end of range of flexion | Development of a physiological gait under full load |
| | Alternatively, physiotherapy with open chain | Aqua jogging |
| | Physiotherapy in the exercise pool | |



month 3 – 6

| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|-------------------------|
| Full load | Without restriction | Light sports activities |



month 6 onwards

| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|-----------------------------|
| Full load | Without restriction | Sports involving high loads |





with femuro-patellar defects

post-op – week 1 – 8

| Load | Mobilisation | Sport/Rehab |
|--|--|----------------------------|
| Partial load 15 kg with forearm crutches, alternatively full load with movement restriction by orthosis* | Orthosis* in extension for 48h Week 1–3 0–30° Week 4–6 0–60° Week 7–8 0–90° | Water gymnastics, swimming |
| | CPM 3–8h/day | |



week 8 – 12

| Load | Mobilisation | Sport/Rehab |
|---------------------------------|--|--|
| Increase in load within 2 weeks | Free mobility (limitation due to pain) | Intensive muscle and coordination training |
| | | Cycling, rowing, swimming |



month 3 – 6

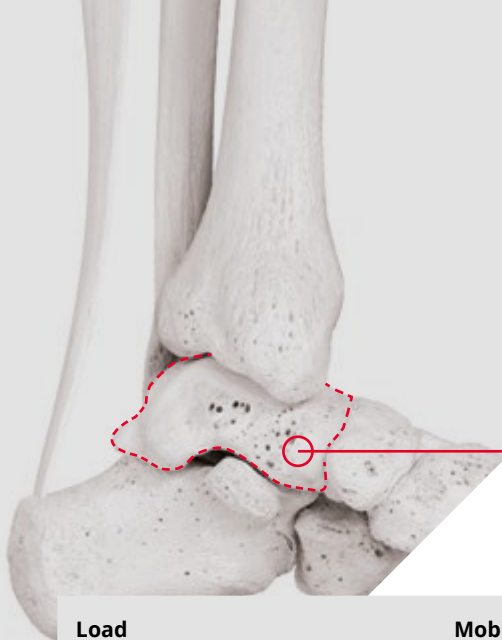
| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|---------------------------------|
| Full load | Without restriction | Light contact sports activities |



month 6 onwards

| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|----------------------------------|
| Full load | Without restriction | Normal contact sports activities |





with defects of thetalus

post-op – week 1 – 6

| Load | Mobilisation | Sport/Rehab |
|-----------|--|---|
| Max 20 kg | Orthosis* with 20° Passive movement Assisted movement Active movement | No sport Immobilise Manual lymph drainage Electrotherapy |



week 6 – 3 months

| Load | Mobilisation | Sport/Rehab |
|----------------------------------|---|---------------------------|
| Gradual increase in load to 100% | Without restriction Full range of movement | No sport Physiotherapy |



3 – 6 months

| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|--|
| Full load | Without restriction | Light sports activities such as swimming and cycling |



after 6 months

| Load | Mobilisation | Sport/Rehab |
|-----------|---------------------|----------------------|
| Full load | Without restriction | Full sports activity |

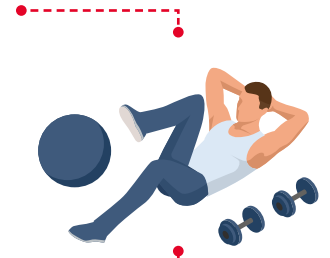




with defects of the hip

week 1 – 6

| Load | Mobilisation | Sport/Rehab |
|--|---|--|
| Partial load of 30% of body weight with forearm crutches or 15–20 kg | Orthesis** Free mobility CPM 1st week 2–3 /day 10 min CPM 2nd week 3x/day 15 min CPM 3rd week 3x/day 20 min CPM 4th–5th week 4x/day 20 min | Upper torso training Water gymnastics Sensorimotor training Gait therapy Bicycle ergometer Active physiotherapy Stretching exercises |



week 6 – 12

| Load | Mobilisation | Sport/Rehab |
|---|--|--|
| Increase in load 10–20 kg to full load by week 12 | Passive and active mobilisation free mobility | Active physiotherapy Stretching exercises Muscle development Coordination Crosstrainer |



week 13 – 16

| Load | Mobilisation | Sport/Rehab |
|------------|---|---|
| No jogging | Endurance training Bicycle ergometer | Strength endurance Sport-specific elements Starting with light impact sport |



month 6 onwards

| Load | Mobilisation | Sport/Rehab |
|-----------|---|--|
| Full load | Preparation for taking up sports activities | Intensifying all the training in terms of coordination, strength and endurance |
| | | Full sports activity |



ChondroFiller® liquid

Patented matrix implantation technology

Unique matrix technology for an innovative application technique of cartilage implants using a dual-chamber syringe.

- /// Cell-free collagen scaffolds made of ultra-pure, native type I collagen
- /// Unique, time- and cost-efficient application using a dual-chamber syringe
- /// Excellent easy, one step handling in arthroscopic appliance
- /// Individually adapted, dimensionally-stable defect filling for stage III-IV cartilage damage
- /// Ready-to-use, no fibrin adhesive, no microfracturing
- /// Development, manufacturing and packaging made in Germany



Important note:

These recommendations are taken from diverse sources and informations and are only meant for information relating to required follow-up treatment. These recommendations are no substitute for a consultation with an attending physician.

* Examples of orthosis/motion device in cartilage treatment of main axis e.g. Medi m4s oa,, Össur cartilage rebound with or without ROM control ** HIP Unloader Össur.

/// Stamp:

Manufacturer

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Animation of the appliance of **ChondroFiller®** liquid on YouTube

<https://youtu.be/-WADSomz8H4>