



## FOX VALLEY ORTHOPEDICS

### MICROFRACTURE KNEE

#### 0-8 WEEKS

- TDWB w/ crutches x 6 weeks (Patellofemoral microfractures may WBAT as determined by surgeon)
- ROM: CPM use daily up to 6 hrs/day- increase ROM as tolerated. May d/c CPM once full motion
- BRACE: Brace locked in extension x 6 weeks. Remove brace for exercises and CPM
- MODALITIES: Per therapist
- Exercises: Quad sets, heel slides, SLR flexion/add/abduction and extension. Open chain HS curls without resistance, glut sets, gastroc/sol stretch in NWB. No stationary bike

**\*\*\*Most microfracture patients can be discharged from physical therapy with HEP until strengthening begins around 12-16 weeks post op (per MD order)**

#### 8-16 weeks

- 6 weeks progress to WBAT, brace unlocked then d/c once good quad control
- progress to normal gait pattern
- ROM: Full A/PROM
- Exercises: Continue open chain strengthening

#### 16 weeks+

- Progressive flexibility, advance to closed chain strengthening as tolerated.
- Add proprioception activities, elliptical, stairmaster
- Straight ahead jogging then progress to running, forward/backward running, cutting, grapevine, and other sport-specific drills

**6 months** post op may resume sports that require cutting/pivoting/jumping, after being cleared by MD/PA