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Microfracture of the Patella and Trochlea - Rehab Protocol

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after Microfracture surgery of the patella or trochleas. This protocol is based on a review of the best available scientific studies regarding microfracture. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications.

Progression to the next phase based on Clinical Criteria and/or Time Frames as Appropriate.

Phase I - 0-8 Weeks:

Weight Bearing

- o As tolerated

Brace

- o Locked 0deg to 40deg of flexion for ambulation

Range of Motion

- o Use of CPM 6 to 8 hours per day.
- o 1 cycle per minute
- o 0-40deg

Therapeutic Exercises

- o Passive stretching
- o Quad and Hamstring Isometrics

Phase II - 8-12 Weeks:

Weight Bearing

- o Full

Brace

- o None

Range of Motion

- o Gain full pain free ROM

Therapeutic Exercises

- o Begin closed chained exercises
- o Emphasize a patellofemoral program
- o Hip flexor strengthening

Phase III - 12 Weeks and Beyond:

Weight Bearing

- o Full

Brace

- o None

Range of Motion

- o Full and pain free

Therapeutic Exercises

- o Return to full activities including cutting, turning, and jumping