

KNEE MICROFRACTURE PROTOCOL

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Patient _____

DOS _____

WEEK 1-2	WEEKS 3-4	WEEKS 5-7	WEEKS 8-12	
<p>0 % WB with crutches. *</p> <p>Passive knee flexion/extension. Increase ROM as tolerated until full motion is obtained. ROM should be relatively comfortable/ pain-free. 30 reps 3x/day.</p> <p>Ankle Pumps</p> <p>Patellar Mobs</p> <p>Quadricep Sets</p> <p>Straight Leg Raises</p> <p>Hip Isotonics-Abd, Add, Ext</p> <p>Hamstring, Quad, Gastrosoleus Stretching</p> <p>Goals: Control inflammation and effusion. Allow early healing. Full knee extension. Gradually increase knee flexion. Independent quadriceps control.</p>	<p>5% WB with crutches. *</p> <p>Continue with previous exercises. Increase repetitions, focus on quality and technique. Biofeedback or NMES for quadriceps training.</p> <p>AROM AAROM and PROM to knee. Goal Full extension, flexion 120°. Progress as able. Continue to use pain/ swelling as guide.</p> <p>Short Arc Quads*</p> <p>Long Arc Quads*</p> <p>Clamshells</p> <p>Stationary bike without resistance.</p> <p>Hydrotherapy if available</p> <p>Trochlear repair bracing 0-20°.</p>	<p>5% WB with crutches. *</p> <p>AROM, AAROM and PROM to knee, Goal Full ROM. Progress as able.</p> <p>Terminal Knee Extension in standing with tubing</p> <p>Hamstring curls, AA, A then resistive</p> <p>Goals: Full PROM. No swelling or inflammation. Re-establish muscle control.</p> <p>Trochlear repair bracing: Week 5 0-20° Week 6 0-45° Week 7 0-60°</p>	<p>Increase to full WB. Promote non-antalgic gait. D/C crutches as able</p> <p>Progress ROM. Maintain 0° extension</p> <p>Progress strengthening of Quad and Hip groups</p> <p>Total Gym, double leg, low level or leg press</p> <p>Lateral and front step-ups</p> <p>Double leg balance/ proprioception</p> <p>Wall squats/ sits</p> <p>Balance, higher level</p> <p>Address functional activity demands.</p> <p>Trochlear repair bracing: Week 8 0-Full Week 9 D/C brace as tolerated</p> <p>Goals: Proper gait pattern. Improve strength and endurance. Maintain full ROM. Gradually increase intensity of exercise.</p>	<p>*Trochlear microfracture surgeries are WBAT with brace 0-20° initially. Use crutches for 1-2 weeks until able to ambulate non-antalgic, painfree. Must use brace for 6-8 weeks. Weight bearing and strength training are allowed only in the allowed range. Brace may be removed to obtain pain-free, full, passive ROM.</p> <p>*WB restrictions based on x-ray</p> <p>Earliest return to sports with pivoting, cutting, jumping at 4-6 months post-op</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>February 2018</p>				

