

KNEE MICROFRACTURE PROTOCOL

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Patient _____
 DOS _____

WEEK 1-2	WEEKS 3-4	WEEKS 5-7	WEEKS 8-12	
0 % WB with crutches. * Passive knee flexion/extension. Increase ROM as tolerated until full motion is obtained. ROM should be relatively comfortable/ pain-free. 30 reps 3x/day. Ankle Pumps Patellar Mobs Quadricep Sets Straight Leg Raises Hip Isotonics-Abd, Add, Ext Hamstring, Quad, Gastrocsoleus Stretching Goals: Control inflammation and effusion. Allow early healing. Full knee extension. Gradually increase knee flexion. Independent quadriceps control.	5% WB with crutches. * Continue with previous exercises. Increase repetitions, focus on quality and technique. Biofeedback or NMES for quadriceps training. AROM AAROM and PROM to knee. Goal Full extension, flexion 120°. Progress as able. Continue to use pain/ swelling as guide. Short Arc Quads* Long Arc Quads* Clamshells Stationary bike without resistance. Hydrotherapy if available Trochlear repair bracing 0-20°.	5% WB with crutches. * AROM, AAROM and PROM to knee, Goal Full ROM. Progress as able. Terminal Knee Extension in standing with tubing Hamstring curls, AA, A then resistive Goals: Full PROM. No swelling or inflammation. Re-establish muscle control. Trochlear repair bracing: Week 5 0-20° Week 6 0-45° Week 7 0-60°	Increase to full WB. Promote non-antalgic gait. D/C crutches as able Progress ROM. Maintain 0° extension Progress strengthening of Quad and Hip groups Total Gym, double leg, low level or leg press Lateral and front step-ups Double leg balance/ proprioception Wall squats/ sits Balance, higher level Address functional activity demands. Trochlear repair bracing: Week 8 0-Full Week 9 D/C brace as tolerated Goals: Proper gait pattern. Improve strength and endurance. Maintain full ROM. Gradually increase intensity of exercise.	<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>
Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060 December 2022				