



## **Post-Operative Rehabilitation for Microfracture Patella/Trochlea**

### **Phase I: Weeks 0-6**

- Full Weight Bearing in brace
- \*\*Brace (If applicable):
  - Locked in full extension at all times. May take off for CPM usage
  - Sleep in brace for 1 week.
  - Will be discontinued when quad control achieved ( SLR no lag)
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - CPM usage 6hr/day. Begin 0-30° for weeks 0-2
  - CPM usage 6 hr/day 0-60° for weeks 2-4
  - CPM usage 6hr/day 0-90° for weeks 4-6
- Exercises
  - Weeks 0-2 Quad sets, SLR, ,Ankle pumps, heel props, prone hangs, calf stretching
  - Weeks 2-6 PROM/AAROM to tolerance, above exercises with addition of patellar mobs, glute sets, side lying hip and core.

### **Phase II: Weeks 6-8**

- Full Weight Bearing
- ROM:
  - Maintain symmetric extension
  - Full AROM
- Exercises:
  - Advance Phase I exercises

### **Phase III: Weeks 8-12**

- Maintain full ROM
- Exercises:
  - Gait training
  - Begin closed chain exercises
  - Proprioception exercise/balance training

- Maintain core/glute/hip strength
- Begin Stationary bike

**Phase IV: 12 weeks - 6 mo.**

- Exercises:
  - Progress Phase III exercises and advance functional activities
  - Continue to maintain core/hip/glute strength
  - Begin eccentric hamstring exercise
  - Stationary bike, elliptical, pool as tolerated

**Phase V: 6-12 mo.**

- Advance functional activities
- Sport-specific drills and running/jumping AFTER MD CLEARANCE