



# GOLDEN STATE ORTHOPEDICS & SPINE

## Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-8)**

- **Weightbearing:** Weightbearing as tolerated in hinged knee brace locked in extension
- **Hinged Knee Brace:** Locked in extension for ambulation – opened up 0-40° for ROM exercises
- **Range of Motion** – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
  - Set CPM to 1 cycle per minute – range from 0-40°
  - Passive Range of Motion and stretching under guidance of PT
- **Therapeutic Exercises**
  - Quadriceps/Hamstring isometrics

**Phase II (Weeks 8-12)**

- **Weightbearing:** Advance to full weightbearing as tolerated -- discontinue crutch use
- **Discontinue Use of Hinged Knee Brace**
- **Range of Motion** – Advance to full/painless ROM (PROM/AAROM/AROM)
- **Therapeutic Exercises**
  - Emphasize Patellofemoral Program
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Begin use of the stationary bicycle/elliptical

**Phase III (Months 3-6)**

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated – including jumping/cutting/pivoting sports
- Maintenance program for strength and endurance

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_