

PHYSICAL THERAPY PROTOCOL: Microfracture of Patella/Trochlea

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-6 Weeks Post-Op

Weight Bearing:

- Full weight bearing with brace

Brace:

- 0-1 weeks: Locked in full extension at all times
- Off for CPM and exercise only
- 1-4 weeks: unlocked and worn daytime only
- d/c when quads can control SLR without extension lag

Range of Motion:

- 0-6 weeks: use CPM for 6 hours/day, beginning 0 to 30 degrees for 0-2 weeks
- 2-4 weeks: 0 to 60 degrees
- 4-6 weeks: 0 to 90 degrees

Exercises:

- 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45 degrees at home
- 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobility, quad, hamstring, and glute sets, SLR, side-lying hip and core

Phase 2 → 6-8 Weeks Post-Op

- full weight bearing without brace
- full range of motion
- advance phase 1 exercises

Phase 3 → 8-12 Weeks Post-Op

Exercises:

- Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike
- Begin unilateral stance activities, balance training

Phase 4 → 12 Weeks-6 Months Post-Op

Exercises:

- Advance Phase 3 exercises; max core/glutes, pelvic stability work, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

Phase 5 → 6-12 Months Post-Op

Exercises:

- Advance functional activity
- Return to sport-specific activity and impact when cleared by Dr Makhni after 8 months