



## MICROFRACTURE OF PATELLA / TROCHLEA REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-6 weeks	Full w/ brace	<p><b>0-1 week:</b> Locked in full extension at all times</p> <p>Off for CPM and exercise only</p> <p><b>1-4 weeks:</b> Unlocked and worn daytime only</p> <p>Discontinue when quads can control SLR w/o extension lag</p>	<p><b>0-6 weeks:</b> Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks</p> <p><b>2-4 weeks:</b> 0-60°</p> <p><b>4-6 weeks:</b> 0-90°</p>	<p><b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home</p> <p><b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core</p>
<b>PHASE II</b> 6-8 weeks	Full	None	Full	Advance Phase I exercises
<b>PHASE III</b> 8-12 weeks	Full	None	Full	<p>Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike</p> <p>Begin unilateral stance activities, balance training</p>
<b>PHASE IV</b> 12 weeks – 6 months	Full	None	Full	<p>Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings</p> <p>May advance to elliptical, bike, pool as tolerated</p>
<b>PHASE V</b> 6-12 months	Full	None	Full	<p>Advance functional activity</p> <p>Return to sport-specific activity and impact when cleared by MD after 8 mos</p>



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

**Comments:**

Functional Capacity Evaluation  Work Hardening/Work Conditioning  Teach HEP

**Modalities:**

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  
 TENS  Heat before/after  Ice before/after  Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_