

*MICROFRACTURE: TROCHLEAR GROOVE/ PATELLA*

*Postoperative Protocol*

Referral for Rehabilitation Services

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_\_ / Week \_\_\_\_\_ Weeks

**Post Op:**

CPM Machine:

**Begin:**

0-60 degrees, 6-8 hours daily, three weeks  
Progress ROM as tolerated until full ROM achieved

Goals:

1. Minimize swelling
2. Minimize quadriceps inhibition
3. ROM as tolerated

Exercises:

1. Quad sets, straight leg raises (biofeedback, NMES)
2. Hamstring stretch, calf towel stretch, ankle pumps
3. Patella mobs
4. Hip extension
5. Flexion/extension (wall slides, sitting)

Weight bearing:

**As tolerated with knee locked in extension brace**

**Weeks 3-8**

Goals:

**Begin:**

1. Full ROM as tolerated
2. Independent quad contraction
3. Gait without crutches by end of week 2

Exercises:

1. Continue with post-op program, add weight to SLR if no extension lag
2. Add bike and aqua-jogging for ROM and cardio benefit; pedal as tolerated
3. 4-way hip machine, initiate closed kinetic chain CKC to include toe and heel raises

**Weeks 9-16**

Goals:

**Begin:**

1. After week 8, the knee brace is gradually opened to allow increased flexion
2. Discontinue brace at week 12

Exercises:

1. Continue with post-op exercises as home exercise program
2. Advance CKC program to: step-ups, mini-squats at week 12
3. Treadmill (7-12% incline), elliptical, rowing
4. Initiate proprioceptive program – single leg stance, balance board

**Week 16**

Goals:

**Begin:** \_\_\_\_\_

1. Full ROM
2. Prevent patella femoral pain with exercises

Exercises:

1. Continue with above program
2. Initiate Stair stepper and jogging
3. Initiate agility exercises

**Return to Activity**

Golf	week 16
Outdoor biking	week 16
Running	month 3
Skiing, basketball	
Tennis, football	month 6
Soccer	

*I hereby certify these services as medically necessary for the patient's plan of care.*

\_\_\_\_\_  
*Physician's Signature*

Date \_\_\_\_\_