



Brian Waterman M.D.
ORTHOPEDIC SURGERY

**MICROFRACTURE OF PATELLA / TROCHLEA
REHABILITATION PROTOCOL**

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

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