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Microfracture of the Patella and Trochlea – Rehab Protocol

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after Microfracture surgery of the patella or trochlea. This protocol is based on a review of the best available scientific studies regarding microfracture. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist requires assistance in the progression of a post-operative patient they should consult with Dr. Seneviratne.

Progression to the next phase based on Clinical Criteria and/or Time Frames as appropriate.

Phase I – 0-8 Weeks:

Weight Bearing

- As tolerated

Brace

- Locked 0deg to 40deg of flexion for ambulation

Range of Motion

- Use of CPM 6 to 8 hours per day.
- 1 cycle per minute
- 0-40deg

Therapeutic Exercises

- Passive stretching
- Quad and Hamstring Isometrics

Phase II – 8-12 Weeks:

Weight Bearing

- Full

Brace

- None

Range of Motion

- Gain full pain free ROM

Therapeutic Exercises

- Begin closed chained exercises
- Emphasize a patellofemoral program
- Hip flexor strengthening

Phase III – 12 Weeks and Beyond:

Weight Bearing

- Full

Brace

- None

Range of Motion

- Full and pain free

Therapeutic Exercises

- Return to full activities including cutting, turning, and jumping