

MICROFRACTURE OF PATELLA / TROCHLEA REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-6 weeks	Full w/ brace locked at zero	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 0-2 weeks: 0-30 ° 2-4 weeks: 0-60 ° 4-6 weeks: 0-90 ° PROM/AAROM as tolerated.	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
<i>PHASE II</i> 6-8 weeks	Full	None	Full	Advance Phase I exercises
<i>PHASE III</i> 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
<i>PHASE IV</i> 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

<i>PHASE V</i> <i>6-12</i> <i>months</i>	Full	None	Full	Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 mos
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For any questions or concerns regarding the protocol or rehabilitation process please contact my
Athletic Trainer below.