



ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
 - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.

**REHABILITATION GUIDELINES
MICROFRACTURE OF PATELLA/TROCHLEA**

DOS:

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-6 weeks	Full w/ brace locked in extension	0-1 week: Locked in full extension at all times. Off for exercise only 1-6 weeks: Unlocked for sitting, locked in extension for ambulation.	0-2 weeks: 0-30° 2-4 weeks: 0-60° 4-6 weeks: 0-90°	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 30° at home 2-6 weeks: PROM/AAROM per restrictions, patellar and tibular/fibular joint mobs; quad, hamstring, and glute sets, SLR, side-lying hip and core 4-6 weeks: Scar mobs when adequate healing
PHASE 2 6-8 weeks	Full	None	Full	Advance phase 1 exercises
PHASE 3 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 4 12 weeks-6 months	Full	None	Full	Advance phase 3 exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, pool as tolerated
PHASE 5 6-12 months	Full	None	Full	Advance functional activity Return to sport specific activity and impact when cleared by Dr Aukerman after 8 mos