


 REHABILITATION GUIDELINES  
 PATELLOFEMORAL MICROFRACTURE

POD 0-42

DOS:

WBAT; Brace locked at 0° for ambulation; wean off crutches as tolerated after one week  
 CPM 6 hrs/day. 0-50°; Increase range of motion to full slowly in 5° increments as tolerated.  
 Quad sets, straight leg raises, ankle pumps, hip girdle isometrics  
 Extra Emphasis on Patellar mobs  
 AAROM progress to full ASAP

2 WEEKS POST-OP

DATE:

Begin stationary bike **without** resistance

6 WEEKS POST-OP

DATE:

Add resistance as tolerated on stationary bike  
 Discontinue Brace  
 Theraband resisted strengthening  
 Begin treadmill when gait normalized, add incline as tolerated

8 WEEKS POST-OP

DATE:

Add elliptical trainer, stair stepper  
 High-rep, low resistance weight training  
 Slide board OK

10 WEEKS POST-OP

DATE:

Intro to jogging, begin with soft surface, back off if swelling or pain occurs  
 Intensify in-line strengthening

12 WEEKS POST-OP

DATE:

Add lateral agility training  
 Add Plyometrics  
 Begin straight line running, gradually introduce pivoting and cutting maneuvers

RETURN TO SPORT CRITERIA

Typically 16 wks minimum for aggressive sports  
 MD clearance  
 Adequate strength recovery  
 Minimal or no effusion  
 Participate in functional sports progression

**RECOMMEND GLUCOSAMINE 1500MG/DAY FOR LIFETIME FOR ALL  
 MICROFRACTURE PATIENTS, ESPECIALLY HIGHLY RECOMMENDED  
 FOR FIRST THREE MONTHS POSTOP**