

PATELLOFEMORAL MICROFRACTURE

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POD 0 – 42 DAYS:

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

At 2 Weeks Post Op:

Begin stationary bike **without** resistance

At 6 wks Post Op:

Add resistance as tolerated on stationary bike

Discontinue Brace

Theraband resisted strengthening

Begin treadmill when gait normalized, add incline as tolerated

At 8 wks Post Op:

Add elliptical trainer, stair stepper

High-rep, low resistance weight training

Slide board OK

At 10 wks Post Op:

Intro to jogging, begin with soft surface, back off if swelling or pain occurs

Intensify in-line strengthening

At 12 wks Post Op:

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