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 led 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