

**MICROFRACTURE OF PATELLA/TROCHLEA  
REHABILITATION PROTOCOL  
Dr Aukerman (Revised 3/22/18)**

**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.

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE 1</b> 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. Discontinue when quads can control extension w/o lag	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
<b>PHASE 2</b> 6-8 weeks	Full	None	Full	Advance phase 1 exercises
<b>PHASE 3</b> 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
<b>PHASE 4</b> 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
<b>PHASE 5</b> 6-12 months	Full	None	Full	Advance functional activity

				Return to sport specific activity and impact when cleared by Dr Aukerman after 8 mos
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