

Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

## Knee Patellofemoral Microfracture Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: Articular cartilage lesion ( patella trochlea )

Frequency: 2-3 visits/week Duration: 4 months

### Weeks 1-6

HEP with ROM as tolerated.

TQ0 g85.04 394.63 0 1 135.99a.55 258.19 429.91 15.36 ref\*EMC /P <</MCID 37> BDC q0.00000912

## TREATMENT STRATEGIES

Progressive WBAT as quad control allows (good quad set/ability to SLR without pain or lag). May use crutches/cane if needed

Aquatic therapy if available -

## TREATMENT STRATEGIES

Progress squat program < 90 degree flexion

Lunges

Start forward running (treadmill) program at 4 months postop if 8-inch step down satisfactory

Continue LE strengthening and flexibility programs

Agility program/sport specific (sports cord)

Start plyometric program when strength base is sufficient

Isotonic knee flexion/extension (pain and crepitus-free arc)

Isokinetic training (fast to moderate to slow velocities)

Functional testing (hop test)

Isokinetic testing

HEP

## CRITERIA FOR DISCHARGE

Symptom-free running and sport-specific agility

Hop test >85% limb symmetry

Isokinetic test >85% limb symmetry

Lack of apprehension with sport specific movements

Flexibility to acceptable levels of sport performance

Independence with gym program for maintenance and progression of therapeutic exercise program at discharge

Functional testing at 5 mos, then monthly until passing