

Patellar and Trochlea Microfracture Rehabilitation Protocol

| | Weight-bearing | Brace | Range of Motion | Exercises |
|-------------------------------|-----------------------|---|---|---|
| Phase 1 0-6 weeks | Full with brace | 0-2 weeks: Locked in full extension at all times Off for hygiene and home exercise only Unlocked after 2 weeks and transition out of brace when able to perform straight leg raise | CPM 6 hrs/day; begin 0-30° and 2-4 weeks: 0-60° daily as tolerated 4-6 weeks: 0-90° | Calf pumps, quadriceps tightening sets and SLR in brace 2-6 weeks: Add side-lying hip and core, patellar mobilization, advance quadriceps and hamstring sets |
| Phase 2 6-8 weeks | Full | None | Full | Advance core work with hip, gluteal and core strengthening |
| Phase 3 8-12 weeks | Full | None | Full | Gait normalization with closed chain activities: wall sits, shuttle, mini-squats, toe raises. Advance core work with hip, gluteal and core strengthening Begin unilateral stance activities and balance training |
| Phase 4 3-6 months | Full | None | Full | Progress Phase III exercises and functional activities: walking lunges, planks, bridges, Swiss ball, half-Bosu exercises Advance core work with hip, gluteal and core strengthening May advance to bike, elliptical, pool as tolerated. |
| Phase 5 6-12 months | Full | None | Full | Advance non-impact activity. No running, jumping, pivoting, or sports participation unless cleared by MD (after 8 months) |

CPM – continuous passive motion machine; SLR – Straight-leg raise;

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