

Center for Athletic Medicine
Dr. Preston Wolin
Patellar Microfracture Protocol

Goals:

- Limit the compression of the new surfaces in the early post-operative period, so that the maturing marrow clot will not be disturbed.
- Limit compression of affected chondral surfaces during strength training, especially in the 1st 4 months post-operatively

Weeks 0-8:

- Brace set 0-30 degrees (or per script)
- WBAT with brace locked in limited flexion
- CPM machine immediately after surgery for gradual progression to full PROM
- Modalities to decrease pain and inflammation
- Russian stimulation to facilitate quadriceps activation
- Brace worn at all times except: Brace may be removed for PROM and NWB/mat exercises in physical therapy
- Quadriceps sets
- SLR's 4 planes
- AAROM
- Hamstring, ITB, quadricep, gastroc/soleus, adductor stretching with DKSA strap
- Soft tissue massage/scar massage
- Weight shifting/balance re-education with brace
- Hip strengthening/vectors with brace
- Heel raises with brace
- Core strengthening exercises

Weeks 8-12

- D/C CPM and brace
- Continue exercises as above
- Stationary bike
- Initiate elastic cord/theraband exercises
- Goal is to have achieved full A/PROM

Weeks 12 and Beyond

- Advance strength training progressively
- Free weights/machine weights may be started
- Consider return to sports- full activity may be resumed once the physician has examined the knee and given approval for patient to return to sports activity