



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

MICROFRACTURE-TROCHLEAR GROOVE/PATELLA POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-1:

- **Brace 0° to 20° for 6 weeks**
- CPM x 6 weeks
- NWB with crutches for 2 weeks
- Elevate knee above the heart for the first 3-5 days, ice and modalities to reduce pain and inflammation
- Exercises:
 - Initiate patella mobility drills
 - Begin full passive/active knee range of motion exercises, no restrictions
 - Quadriceps setting focusing on VMO restoration
 - Multi-plane open kinetic chain straight leg raising
 - Crutch gait training

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 1-6:

- At week 2, wean off crutches as gait normalizes and inflammation subsides
- Continue home CPM use for 6 weeks
- **Brace 0° to 20° for 6 weeks**
- Exercises:
 - Maintain program as outlined in week 0 to 1
 - Gait training
 - Continue with modalities to control inflammation
 - Initiate global lower extremity stretching program
 - Core strengthening program
 - Begin stationary bike and pool exercise program (when incisions healed)
 - Implement reintegration exercises emphasizing core stability
 - Multi-plane ankle strengthening

PHASE III – STRENGTHENING AND PROPRIOCEPTION:

WEEKS 6-12:

- Discontinue home CPM
- Opening Brace As Follows:
 - 0° to 45° for 3 days
 - 0° to 60° for 3 days
 - 0° to 90° for 3 days
 - Wean out of brace by week 8 – 9
- Exercises:
 - Continue with Phase II exercises as indicated
 - Normalize Gait
 - Advance core strengthening program



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- Advance cardiovascular bike program time and intensity on
- May begin treadmill or elliptical trainer – no running, avoid high impact
- Initiate closed kinetic chain exercises progressing from bilateral to unilateral

PHASE IV – ADVANCED STRENGTHENING:

WEEKS 12-20:

- Gym-strengthening program avoiding PF provocative exercise (lunges, leg extensions...)
- Biking outside, walking and swimming

PHASE V – RETURN TO SPORT FUNCTIONAL PROGRAM:

WEEKS 20-24:

***The following progression is designed for athletes desiring to return to impact/running sports. Patients not returning to impact activity are advised to focus primarily on non-impact cardio-vascular exercise:**

- Pool running with progression to dry land
- Linear running drills with gradual progression to lateral and rotational as tolerated
- Continue with lower extremity strengthening, cardiovascular training, core and flexibility work
- Plyometric activity (increasing as tolerated)
- Sports test for return to play **6 to 9 months**