**Physical Therapy Prescription**

**Microfracture**

**Patient Name: Today’s Date: Surgery Date:**

**Dx: s/p ( LEFT / RIGHT ) Knee Microfracture - ( MFC / LFC / TROCHLEA / PATELLA / MTP / LTP )**

**Modalities:**

**Week 0 - 4**

\_\_\_ Ice / Massage / Anti-Inflammatory Modalities

\_\_\_ Ambulate NWB / TTWB / PWB / FWB in Bledsoe Brace locked @ 0°

\_\_\_ Limit ROM to 30° for 4 weeks

\_\_\_ Range of Motion Active / Active-Assisted / Passive

\_\_\_ Home CPM 1-2 hrs / session, TID for 6 weeks

\_\_\_ LE musculature mobilization and stretching

\_\_\_ Gradual Progression of Resistance Exercises in Flexed Knee, OKC only

\_\_\_ Quadriceps Strengthening

 \_\_\_ 0-30° Arc

\_\_\_ Hamstring, Gluteal, and lateral hip strengthening

\_\_\_ Begin Straight Leg Raises (Knee at 0°)

\_\_\_ Quad Isometrics

\_\_\_ UBE for cardiovascular training

\_\_\_ Heel chord stretching

\_\_\_ Electrical Stimulation for Quadriceps

\_\_\_ Hydrotherapy once incisions are fully closed

**Week 4-6**

\_\_\_ Begin to progress to full ROM. No restrictions on motion, limit CKC to 90 degrees of flexion

\_\_\_ May begin to WBAT in brace, limit motion to 30 degrees of flexion when ambulating

\_\_\_ May begin proprioception exercises on stable surface

\_\_\_ Core and hip strength and endurance

**Week 6-12**

\_\_\_ May discontinue use of brace. No motion restrictions in OKC or CKC

\_\_\_ Begin full arc CKC strength focused on quadriceps, hamstring and gluteal muscle groups

\_\_\_ Progress proprioception to unstable surface with perturbations

\_\_\_ Assess posture and functional movement patterns. Corrective exercise as needed

\_\_\_ Progress core and hip strength and endurance

\_\_\_ Okay to begin frontal plane CKC strength, avoid pivoting

\_\_\_ Continue to work on joint mobility, single and multiple

**Week 12+**

\_\_\_ Continue CKC strength

\_\_\_ Begin light agility drills in frontal and sagittal plane only, no pivoting until 4.5 – 5 months post op

\_\_\_ Progress to multi planar core strengthening

\_\_\_ May begin in line jogging if eccentric step down is symmetric

\_\_\_ Okay to begin Olympic lifting and triple extension exercises at 4.5 months post op

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks Home Program

\*\*Please send progress notes.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M.D.**