

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Microfracture & Biocartilage Of Patella / Trochlea

Phase I (0-6 weeks)

Weight Bearing: With crutches, 50% WB, locked in extension.

Range of Motion: 0-2wks locked in full extension. 2-3wks CPM 6 hrs/d; start 0-30d; 3-4wks 0-60d. 4-6wks 0-90d. Bumped-heel knee extension 10min, 3 x / day.

Brace: 0-2wks locked in full extension. 2-6wks progress to 90d.

Exercises: SLR. Short arc quads. Core. Hip abductors.

Phase II (6-12 weeks)

Weight Bearing: Progress to full as tolerated

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Stationary bike, low resistance.

Phase III (3-5 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike as tolerated.

Phase IV (5-12 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Core. Hip abductors. Quad strengthening. Plyometrics. Sport-specific drills. Progress elliptical to running. Return to full impact activity after 8 months.

www.christopheruggenmd.com

2490 S. 11th St, Kalamazoo, MI 49009 • 269-343-1535