



PATELLOFEMORAL MICROFRACTURE

POD 0-42 Days

- WBAT: Brace locked at 0 degrees for ambulation, wean off crutches as tolerated after one week.
- CPM 6 hrs/day, 0-50 degrees, increase ROM to full slowly in 5 degree increments as tolerated.
- Quad sets, straight leg raises, ankle pumps, hip girdle isometrics
- Extra Emphasis on Patellar mobs
- AAROM progress to full ASAP

2 weeks post p/o:

- Begin stationary bike without resistance

6 weeks post p/o:

- Add resistance as tolerated on stationary bike
- Discontinue Brace
- Theraband resisted strengthening
- Begin treadmill when gait normalized, add incline as tolerated

8 weeks p/o:

- Add elliptical trainer, stair stepper
- High-rep, low resistance weight training
- Slide board OK

10 weeks p/o:

- Dynamic Warm up (5-15 minutes)
- Multi-planar Landing Control and Neuromuscular Reaction
- Functional Movements and Strengthening

Phase V: Sports Performance and Injury Prevention

- Intro to jogging, begin with soft surface, back off if swelling or pain occurs
- Slide board OK

12 weeks p/o:

- Add lateral agility training
- Add Plyometrics
- Begin straight line running, gradually introduce pivoting and cutting maneuvers

Return to Sport Criteria:

- Typically 16 wks minimum for aggressive sports
- MD clearance
- Adequate strength recovery
- Minimal or no effusion
- Participate in functional sports progression