Microfracture or Biocartilage Trochlea or Patella Rehabilitation Program

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Diagnosis: Right / Left Microfracture or Biocartilage or ACI ____________________________

Date of Surgery: ____________________________

Weeks 0-6 (Phase I):

➢ Weightbearing
  ▪ 0-2 weeks: Weight bearing as tolerated (WBAT) in HKB locked in extension
  ▪ 2-4 weeks: Weight bearing as tolerated (WBAT) in HKB from 0-40° of flexion
  ▪ 4-6 weeks: Weight bearing as tolerated (WBAT) in HKB from 0-90° of flexion

➢ Brace/ROM
  ▪ 0-2 weeks: Brace open from 0-40° in CPM, then open brace progressively as tolerated
  ▪ 0-6 weeks: CPM use 6-8 hrs/day, 1 cycle/min, advance 10°/day beginning at comfortable flexion angle

➢ Exercise
  ▪ 0-6 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
  ▪ 0-6 weeks: Passive stretching/exercise emphasized primarily for first 6 weeks

Weeks 6-12 (Phase II):

➢ Progress Phase I exercises

➢ No Brace

➢ Begin closed chain activities emphasizing patellofemoral program

➢ Initiate stationary bike at low resistance

➢ Progress active strengthening

Weeks 12 and beyond (Phase III):

➢ Progress running, jogging, biking

➢ Progress sport or job specific activities

➢ Progress to full return as tolerated

For more information please visit: www.tsaog.com/drnuelle