

Microfracture Post Op Rehab

Post operative weeks 1-6: Home exercise program

- Non weight bearing with crutches
- Range of motion as tolerated

Weeks 6-14: Begin formal Physical Therapy

- Goals
 - Restore full ROM
 - Restore normal Gait
 - Demonstrate ability to ascend and descend stairs with good control, and without pain
 - Independent with home exercise program
- Precautions
 - Avoid descending stairs reciprocally until adequate quad control and proper alignment
 - Avoid pain with ther ex, and functional activities
 - Avoid running and other impact or sporting activities
- Exercises
 - Progress weight bearing as quad control allows, D/C crutches when gait is non-antalgic
 - Active assisted range of motion exercises
 - SLR in all planes
 - Balance and other neuromuscular training
 - Stationary bike
 - Leg press, lower extremity PRE's
 - Squat 0-60°
 - Stair master / elliptical machines
 - Forward step up/down

Weeks 14-22:

- Goals:

- Demonstrate ability to run pain free
- Maximize strength and flexibility to meet demands of ADL's
- Independence with gym program for maintenance and progression
- Exercises: Continue LE strengthening as previous
 - Progress squats to 90°
 - Lunges
 - Begin forward jogging on treadmill (4 months post op)
 - Begin agility / sport specific program (when strength base is sufficient)
 - Begin plyometric program (when strength base is sufficient)