

Knee Trochlear Microfracture

General

Full passive ROM

Brace locked in extension for ambulation only for 6 weeks

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1

CPM 0-30 and advance to 0-90 as tolerated

Extension—Prone hangs

Patellar mobilization

Ankle pumps

Quad sets with straight leg raises

Modalities as necessary to decrease swelling

Weeks 1-2

Continue week 1 activities

Hamstring sets

Weeks 2-6

Continue week 2 activities

Achilles, calf, and hamstring stretching (sit and reach with towel)

Stationary bike with both legs with gradual increased resistance

Weeks 6-10

Treadmill 7% walk

Terminal 1/3 knee bends

Toe/heel raises

Swimming with fins

Weeks 10-12

Double knee bends

Quads-specific strengthening exercises

Rowing/erg machine

Outdoor biking

Week 12

Return to run program

– Elliptical → treadmill → outdoor running

Leg press to 90° with weights

Leg curls with no hyperextension

Single knee bends

Week 16

Sport-specific training with gradual return to agility exercises
