

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

KNEE ARTHROSCOPIC MICROFRACTURE OF PATELLA OR TROCHLEA POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Brace:

Week 0-8: post-op hinged knee brace: Unlocked 0-40 degrees for weight bearing

After wk 8: discontinue brace

Weight Bearing:

WBAT (weight bearing as tolerated), may use crutches in immediate post-operative period.

ROM:

Week 0-2: CPM 6-8 hours/day, 0-40 degrees. Physical Therapy: PROM 0-90 degrees

After wk 2: discontinue CPM. Physical Therapy: full ROM, as tolerated

Exercise:

Week 0-8: quad/hamstring isometrics, SLR's, calf raises and hip abductor/adductors with knee extended

Week 8-12: closed chain patellofemoral program

After wk 12: running, cutting/pivoting progression

****Return to full activities and contact sports as directed by MD and therapist.**

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**