

Physical Therapy Prescription

KNEE MICROFRACTURE REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	Touch Toe Weight Bearing	Advance as tolerated. Goal: full extension and flexion past 90°	None	Heel slides, quad sets, straight leg raises. Hamstring and calf stretching.
6-12 weeks	Progressively increase weight bearing to full. 25%, 50%, 75% per week until full.	Full ROM	None	Stretching/strengthening.
> 3 months	Full weight bearing.	Full ROM	None	Return to full activities at 4-6 months.

*****Begin Physical Therapy 1 week post-op**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Microfracture using the above protocol. 1-2x per week for 10 weeks.</p> <p>Notes: _____</p> <p>MD signature:</p>
