



William J. Robertson, MD

TMI Sports Medicine

3533 Matlock Rd

Arlington, TX 76015

Office: (817) 419-0303

Fax: (817) 468-5963

www.billrobertsonmd.com

www.hipkneepreservation.com

Trochlea / Patella Microfracture Rehab Protocol

Post-op Week 0-2:

- WBAT in brace locked 0-20 degrees
- CPM ROM as tolerated 6 hrs per day (broken up into sessions as needed)
- Straight leg raises locked in brace. Quad sets
- Side lying hip abductor and adductor exercises
- Recumbent bike using non-op knee for PROM of operative knee (flexion angle max of 90 degrees)
- Closed chain wall squats at the discretion of Dr. Robertson based upon the lesion location. Limit depth to specified angle and majority of weight on non-operative leg.

Post-op Week 2-6:

- WBAT in brace locked in extension
- Recumbent bike AROM with maximum knee flexion angle of 50 degrees.
- Recumbent bike using non-op knee for PROM of operative knee (flexion angle no limits)
- CPM ROM as tolerated 3 hrs per day (broken up into sessions as needed)
- Straight leg raises and quad sets
- Side lying hip abductor and adductor exercises
- Swim-EX or pool - dolphin kicks with limited knee flexion using kickboard (once cleared by MD)
- Closed chain wall squats in brace locked 0-30. Increase 10 degrees per week:
 - 0-40 weeks 2-3
 - 0-50 weeks 3-4
 - 0-60 weeks 5-6
 - *Equal wgt on both legs as tolerated.

Post-op Week 6-12:

- Discontinue brace - WBAT. **Avoid deep squats.**

- Progress AROM – (i.e. Stationary bike AROM with ROM as tolerated – low resistance.) Discontinue CPM.
- Continue straight leg raises and quad sets
- Begin slide board exercises on week 6 (in brace to limit flexion)
 - Brace 0-50 week 6-7
 - Brace 0-60 week 7-8
 - Brace 0-70 week 9-10
 - Remove brace as tolerated on Week 10.
- Closed chain wall squats and leg press without brace:
 - 0-70 weeks 6-7 (no resistance – body wgt only)
 - 0-70 weeks 7-9 (gradually add resistance)
 - 0-80 weeks 9-12 (with resistance)
 - No deep squats
- Week 8:
 - May start **shallow step** - stepper for cardiopulmonary conditioning

Post-op Week 12-16:

- Continue to advance open and closed chain strengthening program
- Advance sports specific conditioning /skills/ fitness program
- No resisted squats passed 80 degree until week 16.
- Add open chain knee extension but limit 0-70 degrees

Post-op Week 16:

- Goal for return to full activities.