

PATELLOFEMORAL MICROFRACTURE

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WEEKS 0-4

DATE

WEIGHT BEARING

WBAT locked in full extension

ROM

AROM Flex /Ext 0 - 40 degrees

PROM Flex / Ext 0 - 60 degrees

CPM 0 - 60 degrees

Hamstring and calf stretches

STRENGTHENING

Immediate

Ankle T-band

Quad sets

SLR x4

Frequency of visits to be determined by the therapist.

MODALITIES

As needed

WEEK 4 - 6

BRACE

Locked in full extension

WBAT

ROM

AROM Flex / Ext 0 - 90 Degrees

CPM 0 - 90degrees

Strengthening 0 - 45 Degrees

STRENGTHENING

Continue above exercises

4 way hip

Leg Press 0 - 45 degrees

Step up on small step 0 45 degrees

0-45 degree Squats

Calf Raises

Proprioception

Eliptical machine 0 - 45 degrees

MODALITIES

As needed

WEEK 6 - 12

BRACE

Unlock brace

D/C crutches

ROM

Full Active and Passive ROM

STRENGTHENING

Continue above exercises

Continue to limit knee flexion with strengthening to 0 - 45 degrees

Begin aggressive strengthening,

Add cycling

PATELLOFEMORAL MICROFRACTURE

WEEK 12 - 20

STRENGTHENING

- Progress to running
- Open Chain hamstring and quadriceps strengthening
- Progressive return to sports at 5 - 6 months

Physician Signature