

**FEMORAL MICROFRACTURE SURGERY**  
**(NOT APPLICABLE FOR PATELLOFEMORAL JOINT PROCEDURE)**

**WEEKS 0-6**

DATE

WEIGHT BEARING

20 - 30 lbs week 0 - 4 \_\_\_\_\_  
Progress WB with crutches week 5-6 \_\_\_\_\_

ROM

Immediate full passive extension  
Patellar Mobs \_\_\_\_\_  
Minimum ROM goals  
week 1 0-90 \_\_\_\_\_  
week 2 0-105 \_\_\_\_\_  
week 3 0-115 \_\_\_\_\_  
week 4 0-125 \_\_\_\_\_  
Hamstring and calf stretches \_\_\_\_\_

STRENGTHENING

Immediate  
Ankle T-band \_\_\_\_\_  
Quad sets \_\_\_\_\_  
SLR x4 \_\_\_\_\_  
Stationary Bike \_\_\_\_\_  
Total Gym 0-60 (week 5-6) \_\_\_\_\_  
(per physician approval for PWB)  
Multiple Angle Isometrics \_\_\_\_\_  
Frequency of visits to be determined by the therapist.

**WEEK 6-10**

WEIGHT BEARING

Progress per physician approval

ROM

Progress to 135 by week 8

STRENGTHENING

4 way hip week 4 \_\_\_\_\_  
Leg Press at week 6 \_\_\_\_\_  
(<body weight)  
Step ups at week 6 \_\_\_\_\_  
0-45 degree Squats at week 7 \_\_\_\_\_  
Calf Raises at week 7 \_\_\_\_\_  
Proprioception at wk 7 \_\_\_\_\_

**WEEK 10-16**

ROM

Full flexion ROM

STRENGTHENING

Leg Press 0-90 \_\_\_\_\_  
(>full body weight)  
0-60 degree squats \_\_\_\_\_  
Leg Curl \_\_\_\_\_  
Forward lunge \_\_\_\_\_  
Stair master \_\_\_\_\_

FUNCTIONAL STRENGTHENING

May begin jogging / running / sport specific exercises at week 16 if painfree.

Physicain Signature \_\_\_\_\_