

Sports Rehabilitation & Performance Center Microfracture Guidelines© *

POST – OPERATIVE PHASE III (WEEKS 12-18)

GOALS:

- Descend 8”stairs with good leg control without pain
- 85% limb symmetry on Isokinetic testing (tibiofemoral lesions)
- 85% limb symmetry on Forward Step Down Test
- Return to normal ADL
- Improve lower extremity flexibility

PRECAUTIONS:

- Avoid pain with therapeutic exercise & functional activities
- Avoid running till adequate strength development and MD clearance

TREATMENT RECOMMENDATIONS:

- Progress squat program
- Initiate step down program
- Leg Press (emphasizing eccentrics)
- OKC knee extensions 90° → 40° (CKC exercises preferred)
- Advance proprioception training (perturbations)
- Agility exercises (sport cord)
- Elliptical Trainer
- Retrograde treadmill ambulation/running
- Hamstring curls / Proximal strengthening
- Lower extremity stretching
- Forward Step Down Test (NeuroCom) @ 4 months
- Isokinetic Test @ 4 months
- Home therapeutic exercise program: Evaluation based

MINIMUM CRITERIA FOR ADVANCEMENT:

- Ability to descend 8” stairs with good leg control without pain
- 85% limb symmetry on Isokinetic testing (tibiofemoral lesions) & Forward Step Down Test



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POST – OPERATIVE PHASE IV (WEEKS 18-?)

GOALS:

- Lack of apprehension with sport movements
- Maximize strength & flexibility to meet demands of sport activity
- Hop Test \geq 85% limb symmetry

PRECAUTIONS:

- Avoid pain with therapeutic exercise & functional activities
- Avoid sport activity till adequate strength development and MD clearance

TREATMENT RECOMMENDATIONS:

- Continue to advance LE strengthening, flexibility & agility programs
- Forward running
- Plyometric program
- Brace for sport activity (MD preference)
- Monitor patient's activity level throughout course of rehabilitation
- Reassess patient's complaint's (i.e. pain/swelling daily – adjust program accordingly)
- Encourage compliance to home therapeutic exercise program
- Home therapeutic exercise program: Evaluation based

CRITERIA FOR DISCHARGE:

- Hop Test \geq 85% limb symmetry
- Lack of apprehension with sport specific movements
- Flexibility to accept level of sport performance
- Independence with gym program for maintenance and progression of therapeutic exercise program at discharge