

Microfracture Patella Lesions Rehabilitation Protocol

Phase I: Weeks 0-6

- Brace
 - Patellofemoral lesion, brace locked 0-30 with weight bearing, unlocked for non-weight bearing.
- Weight bearing status
 - Patellofemoral lesion: Weight bearing as tolerated in brace, with restriction, 6 weeks.
- Exercises
 - Continuous Passive Motion (CPM) machine, if used, 6 or more hours per day in sessions.
 - Passive ROM for extension and flexion. Teach and encourage home exercise program for motion. 3 times per day. Must achieve and maintain extension.
 - Heel slides, heel props, prone hangs, wall slides, straight leg raises, Hamstring isometrics.
 - Quad sets in full extension if possible
 - Patella mobilizations
 - Hip, ankle, and gasctroc strengthening

Phase II: weeks 6-12

- Brace
 - Patellofemoral lesions: brace unlocked for full ROM. Wean brace as tolerated, but may continue use for exercise.
- Exercise
 - Teach and encourage home exercise program to be performed daily.
 - Full active ROM
 - Stationary bike with no resistance.
 - Treadmill and elliptical machine with short durations.
 - Continue all previous phase exercises for motion as needed.
 - Hamstring curls, toe raises, and elastic resistant cord exercises.
 - Closed chain exercises for lower extremity. Avoid squats for patellofemoral lesion until week 10-12.
 - Can consider aquatic exercise

Phase III: 12-16

- Exercises
 - Teach and encourage home exercise program. Can continue any previous exercise and stretches as needed, consider progressive resistance.
 - Begin running program.
 - Patellofemoral lesions can now begin closed chain squatting; wall slides and chair squats.

Scott Adrian M.D
2778 N Webb Rd.
Wichita, KS 67226

Phone: 316-631-1600 ext. 1209
Fax: 316-631-1671



Phase IV: weeks 16 +

- Exercises
 - Likely transition to home exercise program with progressive resistance.
 - Continue to increase resistance, build endurance, and strength.
 - Advance running program, and possible plan for return to sport.
 - Begin agility and plyometric exercises.