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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.

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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.