



**Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for Patellar Microfracture

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-6 Weeks:

- WBAT in brace from 0-40 degrees (discontinue brace between weeks 2- 4)
- D/C crutches when gait normalized (between weeks 2-4)
- Quad sets/SLR
- Patellar mobilization
- Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks

6-12 Weeks

- Advance to full ROM
- Begin closed chain quad strengthening
- Emphasize patellofemoral program

12-16 Weeks:

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

>16 Weeks:

- Return to all activities including cutting/pivoting sports