

## ARTHROSCOPIC MICROFRACTURE SURGERY REHABILITATION PATELLAR/TROCHLEAR DEFECTS

	<b>Weight Bearing</b>	<b>Brace</b>	<b>ROM</b>	<b>Therapeutic Exercise</b>
<b>Phase I 0-8 Weeks</b>	WBAT with brace	ROM 0-30 when ambulating	CPM 6-8 hours / day: begin at 1 cycle / minute, ranging from 0-40 degrees  If CPM not available, instruct on ROM exercises for daily HEP	Passive stretching  Quad and hamstring isometrics  Closed chain exercises without resistance at week 4 (ie stationary bike)
<b>Phase II 8-16 Weeks</b>	Progressive to WBAT with brace open and discontinue	None	Full ROM  CPM discontinued at 8 weeks	Progressive closed chain strengthening  Bike  No impact exercises
<b>Phase III 16 weeks and beyond</b>	Full	None	Full and pain free	Begin open kinetic chain exercises  May begin elliptical machine  6-7 months: initiate impact activities  8-12 m: gradual return to high impact

- CPM may not be available due to cost or insurance coverage. It is critical for patient to do home program for range of motion.