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## LEFT or RIGHT ARTHROSCOPIC MICROFRACTURE PROCEDURE

### PHYSICAL THERAPY PROTOCOL

**Patient Name:**

**Date:**

#### Post Operative - Weeks 1-6

NWB with Brace Locked in Extension when ambulating with crutches at all times.

ROM as tolerated when out of brace for CPM machine.

CPM starting Post Operative Day #3 from 0-90 and advance as tolerated.

2-3X / Day for 2-3 hrs per session. (6 weeks)

\*\* Please take your brace off for CPM sessions \*\*

When ambulating, it is very important that you wear your brace at all times, locked in extension, and NWB.

Please do ankle pumps daily for the first 2 weeks after surgery to prevent DVT (deep vein thrombosis)

Please follow the general postoperative instruction for arthroscopic knee surgery.

#### Weeks 6-14

Supervised PT – 3 times a week

#### **GOALS**

- Restore full ROM
- Restore normal gait
- Demonstrate ability to ascend and descend 8-inch stairs with good leg control without pain
- Improve ADL endurance
- Independence in HEP

#### **PRECAUTIONS**

- Avoid descending stairs reciprocally until adequate quad control and lower extremity alignment

- Avoid pain with therapeutic exercise and functional activities
- Avoid running and sport activity

## **TREATMENT STRATEGIES**

- 50% WB to start at week 6. Progressive WBAT at week 7 or 8 as quad control allows (good quad set/ability to SLR without pain or lag).
- Aquatic therapy if available – pool ambulation or underwater treadmill
- D/C crutches or cane when gait is non-analgesic after week 7 or 8
- AAROM exercises
- Patellar mobilization
- SLR's in all planes with weights
- Proximal PREs
- Neuromuscular training (bilateral to unilateral support)
- Balance apparatus, foam surface, perturbations
- Short crank stationary bike
- Standard stationary bike (when knee ROM >115)
- Leg press – bilateral/eccentric/unilateral progression
- Squat program (PRE) 0-60deg
- Open chain quad isotonic (pain free arc of motion)
- Initiate step-up and step-down programs
- StairMaster
- Retrograde treadmill ambulation
- Quad stretching
- Elliptical machine
- Forward Step-Down Test
- Upper extremity cardiovascular exercises as tolerated
- Cryotherapy
- Emphasize patient compliance to HEP

## **CRITERIA FOR ADVANCEMENT**

- ROM to WNL
- Ability to descend 8-inch stairs with good leg control w/o pain
- Add water exercises if desired (and all incisions are closed and sutures out)

## **Weeks 14-22**

### **GOALS**

- Demonstrate ability to run pain-free
- Maximize strength and flexibility as to meet demands of ADL
- Hop test  $\geq 85\%$  limb symmetry
- Isokinetic test  $> 85\%$  limb symmetry
- Lack of apprehension with sport-specific movements
- Flexibility to accepted levels of sport performance
- Independence with gym program for maintenance and progression of therapeutic exercise program at discharge

## **PRECAUTIONS**

- Avoid pain with therapeutic exercise and functional activities
- Avoid sport activity until adequate strength development

## **TREATMENT STRATEGIES**

- Progress squat program <90-degree flexion
- Lunges
- Start forward running (treadmill) program at 4 months postop if 8-inch step down satisfactory
- Cont LE strengthening and flexibility programs
- Agility program/sport specific ( sports cord)
- Start plyometric program when strength base is sufficient
- Isotonic knee flexion/extension (pain and crepitus-free arc)
- Isokinetic training (fast to moderate to slow velocities)
- Functional testing (hop test)
- Isokinetic testing
- HEP

## **CRITERIA FOR DISCHARGE**

- Symptom-free running and sport-specific agility
- Hop test >85% limb symmetry
- Isokinetic test >85% limb symmetry
- Lack of apprehension with sport specific movements
- Flexibility to acceptable levels of sport performance
- Independence with gym program for maintenance and progression of therapeutic exercise program at discharge

This is strictly an outline of most of the major exercises that we would like to be incorporated in your post operative rehab protocol. Not all exercises need to be done. Two main goals are that appropriate progress is made on a weekly basis, and that communication exists between patient, therapist and doctor.

\* Please send progress notes \*

**Signature:** \_\_\_\_\_

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