

GARRETT COUNTY ORTHOPAEDICS

311 North 4th Street, Suite #3

Oakland, MD 21550

301-334-1034

Fax: 301-334-3350

Microfracture (patellofemoral and tibiofemoral) or osteochondral transfer (OATS)

Phase I: 0-6 weeks:

Precautions: ~tibiofemoral(TF) microfracture: NWB to TTWB (0-10% BW only) for 6 weeks
~Patellofemoral(PF) microfracture: PWB to WBAT progression (25-100%) by 6 weeks
~**NO** resisted closed chain exercises for 6 weeks
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~**NO Running until minimum 4-6 months post-op**

Day 1-2 weeks:

- Quad sets (estim until 20 SLR without lag)
- Ankle pumps (with tubing)
- Heel slides
- Supine SLR x4 ways (may add light weight when pain free, and no extension lag)
- Standing hamstring curls (no weight)
- Gentle hamstring and gastroc stretching
- Passive knee extension to 0 degrees

GOALS: Full AROM
Regain Quad control

2- 6 weeks:

- SAQs no weight
- Stationary bike (no resistance)
- Overall general LE stretching
- Patella mobilization/scar massage when incision healed
- Standing x4 way SLR with thera band (standing on uninvolved LE)
- Seated bilateral calf raises if TF, and standing heel raises if PF
- If PF, gait training as needed (ground or on treadmill)
- IF PF: double leg mini-squats by **6 weeks**.
- 5-6 weeks beginning pool exercises, deep water jog, chest deep gait training

Phase II: 7-12 weeks:

Weeks 7-8:

- WBAT wean off crutches
- gait training on ground and treadmill as needed (forward, backward, cones, etc)
- Continue appropriate previous exercises
- Shuttle/wall mini-squats DL (progress to SL by week 9, and to full squat as tolerated)
- Bilateral standing x4 way SLR with resistance
- Bilateral calf raises
- Hamstring curls closed chain (carpet drags, stool scoots, etc)
- Proprioception drills (BAPS, tilt boards, BOSU)

Weeks 9- 10:

- Open chain hamstring curls
- Knee extension open chain 90-45 deg
- Continue overall B LE strengthening progression
- Continue all previous exercises as needed
- Step-up progression
- Progressive standing balance exercises (body blade, SLS, etc)

Weeks 11-15 :

- All appropriate previous exercises
- Gradually add elliptical or stair trainer for conditioning

GOALS: normal stair ambulation
>80% quad and HS strength

Phase III: 16 weeks- 6 months:

- Progressive aerobic conditioning
- Continue all appropriate exercises
- Progressive LE strengthening
- Balance and proprioception exercises as needed
- Begin walk to jog program when functionally ready (slowly increase time and distance)
- Progressive functional training (jumping, hopping, shuffles, cariocas, etc)

GOALS: jog own pace/distance without pain
>90% quad/HS strength
>90% hop for distance

Recommend return to contact sports/aggressive training 9-12 months post op.

Todd W. Feathers, MD
Orthopaedic Surgeon