



# Paul Phillips IV, MD

Orthopedic Sports Medicine Surgeon

Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

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## Physical Therapy Protocol – Microfracture of Patellofemoral Joint

	<b>Weight Bearing</b>	<b>ROM</b>	<b>Brace</b>	<b>Therapy*</b>
<b>Phase I</b> 0-6 weeks	Full weight bearing with brace.	**CPM: 6-8 hours per day for 6 weeks.  <u>0-2 weeks:</u> 0-30°  <u>2-4 weeks:</u> 0-60°  <u>4-6 weeks:</u> 0-90°	0-1 weeks: locked in full extension at all times.  Off for CPM and exercises.  1-4 weeks: unlocked and wear daytime only  D/C brace when able to SLR w/no extension lag	<ul style="list-style-type: none"><li>• Quad sets, SLR, quad/hamstring isometrics, ankle pumps, patellar mobilizations</li><li>• Prone leg hangs</li><li>• Glute sets, hip and core strengthening</li></ul>
<b>Phase II</b> 6-8 weeks	Full	Advance to full ROM as tolerated	None	<ul style="list-style-type: none"><li>• Advance Phase I exercises</li></ul>
<b>Phase III</b> 8-12 weeks	Full	Full	None	<ul style="list-style-type: none"><li>• Gait training, closed chain exercises, toe raises, balance training</li><li>• Stationary bike</li></ul>
<b>Phase IV</b> 12 – 24 weeks	Full	Full	None	<ul style="list-style-type: none"><li>• Advance Phase III exercises; maximize core/glute strengthening, eccentric hamstring exercises</li><li>• May add open chain strengthening, <b>no seated leg extensions</b></li><li>• Start treadmill walking, swimming, stationary bike, elliptical as tolerated</li></ul>
<b>Phase V</b> 6-12 months	Full	Full	None	<ul style="list-style-type: none"><li>• Advance functional activity</li><li>• Begin a progressive running and agility program</li><li>• Return to sport specific activity and impact after 8 months</li></ul>



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\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).

\*\* If no CPM, 20 min on stationary bike (with no resistance) can substitute for 1 hour in CPM