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MICROFRACTURE OF PATELLA / TROCHLEA REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-6 weeks	Full w/ brace	<p>0-1 week: Locked in full extension at all times</p> <p>Off for CPM and exercise only</p> <p>1-4 weeks: Unlocked and worn daytime only</p> <p>Discontinue when quads can control SLR w/o extension lag</p>	<p>0-6 weeks: Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks</p> <p>2-4 weeks: 0-60°</p> <p>4-6 weeks: 0-90°</p>	<p>0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 45° at home</p> <p>2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core</p>
PHASE II 6-8 weeks	Full	None	Full	Advance Phase I exercises
PHASE III 8-12 weeks	Full	None	Full	<p>Gait training, begin closed chain activities: wall sits, mini-squats, toe raises, stationary bike</p> <p>Begin unilateral stance activities, balance training</p>
PHASE IV 12 weeks – 6 months	Full	None	Full	<p>Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings</p> <p>May advance to elliptical, bike, pool as tolerated</p>
PHASE V 6-12 months	Full	None	Full	<p>Advance functional activity</p> <p>Return to sport-specific activity and impact when cleared by MD after 8 mos</p>