


 REHABILITATION GUIDELINES
 TIBIOFEMORAL MICROFRACTURE

POD 0-42

DOS:

Strict non weight bearing with crutches (toe touch ok for balance)
 No brace unless concomitant procedure
 CPM 6 hrs/day . 30-70°; increase range of motion to full slowly in 5° increments as tolerated
 Quad sets, straight leg raises, ankle pumps, hip girdle isometrics
 Patellar mobs
 AAROM progress to full ASAP; include full hyperextension

2 WEEKS POST-OP

DATE:

Begin stationary bike **without** resistance

6 WEEKS POST-OP

DATE:

Add resistance as tolerated on stationary bike
 Progress WBAT, wean off crutches
 Theraband resisted strengthening
 Begin treadmill when gait normalized, add incline as tolerated

8 WEEKS POST-OP

DATE:

Add elliptical trainer, stair stepper
 High-rep, low-resistance weight training
 Slide board OK

10 WEEKS POST-OP

DATE:

Intro to jogging, begin with soft surface, back off if swelling or pain occurs
 Intensify in-line strengthening

12 WEEKS POST-OP

DATE:

Add lateral agility training
 Add Plyometrics
 Begin straight line running, gradually introduce pivoting and cutting maneuvers

RETURN TO SPORT CRITERIA

Typically 16 wks minimum for aggressive sports
 MD clearance
 Adequate strength recovery
 Minimal or no effusion
 Participate in functional sports progression



RECOMMEND GLUCOSAMINE 1500MG/DAY FOR LIFETIME FOR ALL MICROFRACTURE PATIENTS, ESPECIALLY HIGHLY RECOMMENDED FOR FIRST THREE MONTHS POSTOP