

# HTO/DFO/Microfracture: Femoral Condyle / Tibial Plateau

Pt Name: \_\_\_\_\_

Dr: Alexander Strassman, DO

Date

:

● = Do exercise for that week

**Week**

## ROM RESTRICTIONS

Full passive motion  
CPM 8hrs/day x 6-8 weeks

## BRACE SETTINGS

None

## WB STATUS

Touch toe weight bearing x 6-8 weeks

## TIME LINES

Week 1 (1-7 PO)  
Week 2 (8-14 PO)  
Week 3 (15-21 PO)  
Week 4 (22-28 PO)

<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises										●	●	●		
Balance series										●	●	●	●	●
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance			●	●	●	●	●	●	●					
Bike with both legs - resistance									●	●	●	●	●	●
Aqua-jogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill - walking 7% incline										●	●	●	●	●
Swimming with fins										●	●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends										●	●	●	●	
Double leg bridges										●	●			
Reverse lunge - static hold										●	●	●		
Beginning cord exercises										●	●	●		
Balance squats												●	●	
Single leg dead-lift												●	●	●
Leg press												●	●	●
Sports Test exercises													●	●
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													●	●
Initial - single plane													●	●
Advance - multi directional														●
Functional sports test														●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

Therapist Name: \_\_\_\_\_