

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)

Initial Exercises	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									●	●	●	●	●	●
Cardiovascular Exercises	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												●	●	●
Weight Bearing Strength	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													●	●
Agility Exercises	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														●
High Level Activities	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: _____