

# Microfracture: Trochlear Groove / Patella

Pt Name: \_\_\_\_\_  
 Dr: Alexander Strassman, DO

Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

## ROM RESTRICTIONS

Full passive motion

CPM 8 hrs/day x 6-8 weeks

## BRACE SETTINGS

0-0 x 6-8 weeks

## WB STATUS

Partial weight bearing x 2 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									●	●	●	●	●	●	
Aquajogging					●	●	●	●	●	●	●	●	●	●	
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												●	●	●	
Deadlift												●	●	●	
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: \_\_\_\_\_