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Postoperative Rehabilitation Guidelines Microfracture for Femur/Tibia Lesion

The following protocol is intended as a general guideline for physical therapist, athletic trainer, and patient after microfracture for a Femur Lesion. These guidelines are designed to facilitate the expedited and safe return to athletic or professional activity and is based on a review of the current scientific principles of knee rehabilitation. For the treating health care provider this protocol should not serve as a substitute for individualized clinical decision making during the patient's post-operative course following microfracture for a Femur Lesion. It should rather take into consideration the individual's physical findings, progression, and possible post-operative limitations. If the therapist or patient requires assistance or encounters any postoperative complication they should consult with **your surgeon.**

Physical Therapy to start at one (1) week post-op.

Phase I : Weeks 0-2 (Clot Formation Phase)

- Lesions on Weight bearing part of bone
  - PWB with crutches 50% body weight for 2 weeks then WBAT
  - Small lesions may WBAT immediately (per MD script)

- CPM: start at 0-45 and advance as tolerated (use 6-8 hours/day for 8 weeks)
- Ankle pumps, SLR, isometric quad sets
  - Ok to use NMES to increase quad control
- Stationary bike without resistance at 2 weeks
- Hamstring curls, hip abductor/gastrocnemius strengthening
  - Monitor ROM
- Aggressive Cryotherapy

Phase II Weeks 3-16 (Load Progression Phase)

- Continue with all exercises from Phase 1
- D/C brace with good quad control at 8 wks.
- Restore full ROM (flexion and extension equal to contralateral side)
- Strengthening
  - Hamstring, hip abductor, gastroc/soleus strengthening
  - Well leg exercises
- Aquajogging, if available
- Bike at 8 weeks
- Elliptical when full weight bearing painfree
- Limited arc ROM until 16 weeks
- ICE PRN

Phase III Weeks 17-26 (Return to Activity Phase)

- Continue all exercises from Phase II
- Full ROM
- Strengthening
  - Progressive squatting/leg press program
    - Limit squatting <110 degrees with maximal body weight for 3 months after meniscal repair
    - Avoid squatting/leg press if with patellofemoral pain → resume isometric exercises
- Initiate impact exercises (jogging) at 4-5 months if no pain/effusion
- Bike, Elliptical for cardiovascular training
- Cryotherapy after every exercise session

If free of pain and effusion may advance to:

- Normalize strength, flexibility, endurance, and neuromuscular control
- Start plyometric drills at 4-5 months
- Progress running and agility program
- Initiate cutting, jumping drills at 5-6 months
- Advance sport-specific agility exercises
- Start sport-specific skill training at 6 months
- Continue sport-specific skill program and functional progression
- Gradual return to sport (MD directed)

Before Return to Sport:

- MRI evaluation
- Isokinetic testing (concentric) of hamstrings (goal 100%) and quadriceps (goal >90%)
- Single leg hop test (goal >90%)
- Complete functional knee scores (subjective scoring, ICRS, IKDC, Tegner, Lysholm, KOOS)