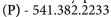
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Physical Therapy Prescription – Patella / Trochlea Microfracture

PHASE I (Weeks 0 – 6): Period of protection, decrease edema, activate quadriceps

- Weightbearing: Full with brace
 - Hinged Knee Brace:
 - Week 0-1: Locked in full extension for ambulation and sleeping (remove for CPM and PT)
 - Weeks 2-6: Unlock brace as quad control improved; discontinue when able to perform SLR withoutextension lag
- Range of Motion: 0-30° (weeks 0-2), 0-60° (weeks 2-4), 0-90° (weeks 4-6)
- Therapeutic Exercises:
 - Weeks 0-2: quad sets, calf pumps, passive leg hangs to 45°
 - Weeks 2-6: PROM/AAROM to tolerance, gentle patellar mobs, quad/HS/glute sets, SLR, side-lyinghip and core
 exercises
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 8)

- Weightbearing: Full
 - Hinged Knee Brace: None
- Range of Motion: Progress to full, painless AROM
- Therapeutic Exercises: Advance Phase I
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 8 – 12)

- Weightbearing: Full
- Range of Motion: Full, painless
- Therapeutic Exercises: Advance Phase II, begin closed chain exercises (wall sits, shuttle, mini-squats, toe-raises), begin stationary bike, begin unilateral stance activities and balance training
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase IV (Weeks 12 - 24)

Advance Phase III exercises; focus on core/glutes; advance to elliptical, bike, and pool as tolerated

Phase V (>6 months): Gradual return to athletic activity

- Encourage maintenance program
- Return to sport-specific activity and impact when cleared by MD at 8-9 months postop