



## REHABILITATION FOLLOWING MICROFRACTURE FOR PATIENTS WITH PATELLA-FEMORAL CHONDRAL DEFECTS

<b>Brace</b>	<ul style="list-style-type: none"> <li>Approximately 6 weeks set and locked at _____° to _____°.</li> <li>The brace must be worn at all times except when passive motion is allowed.</li> <li>After 6 weeks, the knee brace is gradually opened to allow increased flexion of the knee, a process that takes about 2 weeks.</li> <li>Brace use is generally discontinued at about 8 weeks, but this will vary depending on size / location of the defect.</li> </ul>
<b>CPM (continuous passive motion)</b>	<ul style="list-style-type: none"> <li>Immediately post-surgery.</li> <li>ROM (range of motion) - increased as tolerated until full ROM (range of movement) is achieved.</li> </ul>
<b>Passive flexion / extension of the knee (bending / straightening)</b>	<ul style="list-style-type: none"> <li>500 repetitions 3x daily for first 6 weeks. (aim for full flexion).</li> <li><b>Note:</b> No active flexion greater than _____° for 6 weeks.</li> </ul>
<b>Crutches</b>	<ul style="list-style-type: none"> <li>Weight bearing as tolerated for 6 weeks.</li> </ul>
<b>Strength Training:</b>	
<b>Week 0 to 6</b>	<ul style="list-style-type: none"> <li>When the patient wears a brace, strength training is allowed, but only in the _____° to _____° range immediately after surgery in order to limit compression of the affected chondral surfaces (compression of these surfaces must be avoided for 4 months).</li> <li>Isometric quadriceps progressing to SLR.</li> <li>Toe raises.</li> <li>Hip abduction in side lying.</li> <li>Gluteus medius in side lying.</li> <li>Bridging – affected leg straight.</li> <li>Mini squats with brace in situ (0° - _____°).</li> </ul> <p><b>All exercises 3 x 15 daily.</b></p>
After brace use is discontinued, strength training advances progressively.	
<b>Driving</b>	Consult with your physiotherapist or your surgeon.
<b>Stationary bike</b>	6 weeks (high saddle and low resistance).
<b>Swimming</b>	6 weeks.
<b>Jogging</b>	12 weeks.
<b>Contact sport</b>	6 months.
<b>Note:</b> These are guidelines only. Your rehabilitation will be determined by your age and the size / location of the chondral defect.	

