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Physical Therapy Prescription Microfracture

| Patient Name: | Today's Date: | Surgery Date: | |
|--|------------------------|---------------|--|
| Dx: s/p (LEFT / RIGHT) Knee Microfracture - (MFC / LFC / TROCHLEA / PATELLA / MTP / LTP) | | | |
| Modalities: Week 0 - 4 | | | |
| Lce / Massage / Anti-Inflammatory Modalitie Ambulate NWB / TTWB / PWB / FWB in Bledson Limit ROM to 30° for 4 weeks Range of Motion Active / Active-Assiste Home CPM 1-2 hrs / session, TID for 6 weeks LE musculature mobilization and stretching | oe Brace locked @ 0° | | |
| Gradual Progression of Resistance ExercisesQuadriceps Strengthening0-30° Arc | in Flexed Knee, OKC or | nly | |
| Hamstring, Gluteal, and lateral hip strengths Begin Straight Leg Raises (Knee at 0°) Quad Isometrics UBE for cardiovascular training Heel chord stretching Electrical Stimulation for Quadriceps Hydrotherapy once incisions are fully closed | | | |
| Week 4-6 Begin to progress to full ROM. No restrictions on motion, limit CKC to 90 degrees of flexion May begin to WBAT in brace, limit motion to 30 degrees of flexion when ambulating May begin proprioception exercises on stable surface Core and hip strength and endurance | | | |
| Week 6-12 May discontinue use of brace. No motion restrictions in OKC or CKC Begin full arc CKC strength focused on quadriceps, hamstring and gluteal muscle groups Progress proprioception to unstable surface with perturbations Assess posture and functional movement patterns. Corrective exercise as needed Progress core and hip strength and endurance Okay to begin frontal plane CKC strength, avoid pivoting Continue to work on joint mobility, single and multiple | | | |
| Week 12+ Continue CKC strength Begin light agility drills in frontal and sagittal Progress to multi planar core strengthening May begin in line jogging if eccentric step of Okay to begin Olympic lifting and triple external | down is symmetric | | |
| Frequency & Duration: (circle one) 1-2 2-3 x/ **Please send progress notes. | week for weeks | Home Program | |
| Physician's Signature: | M | .D. | |