Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

Knee Tibiofemoral Microfracture Rehab Protocol Prescription

TREATMENT STRATEGIES

Progress squat program < 90 degree flexion Lunges Start forward running (treadmill) program at 4 months postop if 8-inch step down satisfactory Continue LE strengthening and flexibility programs Agility program/ sport specific (sports cord) Start plyometric program when strength base is sufficient Isotonic knee flexion/ extension (pain and crepitus-free arc) Isokinetic training (fast to moderate to slow velocities) Functional testing (hop test) Isokinetic testing HEP

CRITERIA FOR DISCHARGE

Symptom-free running and sport-specific agility Hop test >85% limb symmetry Isokinetic test >85% limb symmetry Lack of apprehension with sport specific movements Rexibility to acceptable levels of sport performance Independence with gym program for maintenance and progression of therapeutic exercise program at discharge

Functional testing at 5 months, then monthly until passing