

Hospital for Joint Diseases
NYU LANGONE MEDICAL CENTER

Assistant Professor of Orthopaedics Division of Sports Medicine Tel: (646) 501-7223

Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

Name:		Date:	
Diagnosis:		Date of Surgery:	
 Hinged Knee Range of Moti Set CPI Passive Therapeutic F 	ng:Weightbearing as tolera Brace: Locked in extension ion – Continuous Passive I M to 1 cycle per minute – ne Range of Motion and stre	etching under guidance of PT	
 Discontinue U Range of Moti Therapeutic E Empha Closed Hamstr Toe rai Balance 	ng:Advance to full weightb Use of Hinged Knee Brace ion – Advance to full/pain Exercises size Patellofemoral Prograchain extension exercises ring curls	aless ROM (PROM/AAROM/AROM) ram	
 Range of Moti Therapeutic Foundation Advance Sport-section Gradual return 	ng: Full weightbearing ion – Full/Painless ROM Exercises ce closed chain strengthen especific rehabilitation	ning exercises, proprioception activities erated – including jumping/cutting/pivoting sports endurance	
Comments: Frequency: tim	ies per week D	uration: weeks	
Signatura		Data	