



Dr. Misson

# FEMORAL MICROFRACTURE SURGERY (NOT APPLICABLE FOR PATELLOFEMORAL JOINT PROCEDURE)

## WEEKS 0-6

DATE \_\_\_\_\_

### WEIGHT BEARING

20 - 30 lbs week 0 - 4 \_\_\_\_\_

Progress WB with crutches week 5-6 \_\_\_\_\_

### ROM

Immediate full passive extension \_\_\_\_\_

Patellar Mobs \_\_\_\_\_

Minimum ROM goals \_\_\_\_\_

week 1 0-90 \_\_\_\_\_

week 2 0-105 \_\_\_\_\_

week 3 0-115 \_\_\_\_\_

week 4 0-125 \_\_\_\_\_

Hamstring and calf stretches \_\_\_\_\_

### STRENGTHENING

Immediate

Ankle T-band \_\_\_\_\_

Quad sets \_\_\_\_\_

SLR x4 \_\_\_\_\_

Stationary Bike \_\_\_\_\_

Total Gym 0-60 (week 5-6) \_\_\_\_\_

(per physician approval for PWB)

Multiple Angle Isometrics \_\_\_\_\_

Frequency of visits to be determined by the therapist.

## WEEK 6-10

### WEIGHT BEARING

Progress per physician approval

### ROM

Progress to 135 by week 8

### STRENGTHENING

4 way hip week 4 \_\_\_\_\_

Leg Press at week 6 \_\_\_\_\_

(<body weight)

Step ups at week 6 \_\_\_\_\_

0-45 degree Squats at week 7 \_\_\_\_\_

Calf Raises at week 7 \_\_\_\_\_

Proprioception at wk 7 \_\_\_\_\_

## WEEK 10-16

### ROM

Full flexion ROM

### STRENGTHENING

Leg Press 0-90 \_\_\_\_\_

(>full body weight)

0-60 degree squats \_\_\_\_\_

Leg Curl \_\_\_\_\_

Forward lunge \_\_\_\_\_

Stair master \_\_\_\_\_

### FUNCTIONAL STRENGTHENING

May begin jogging / running / sport specific exercises at week 16 if painfree.

Physician Signature \_\_\_\_\_