

# PATELLOFEMORAL MICROFRACTURE

JOSEPH R. MISSON, MD

## WEEKS 0-4

DATE \_\_\_\_\_

### WEIGHT BEARING

WBAT locked in full extension \_\_\_\_\_

### ROM

AROM Flex /Ext 0 - 45 degrees \_\_\_\_\_

PROM Flex / Ext 0 - 60 degrees \_\_\_\_\_

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

### STRENGTHENING

Immediate

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

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

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

Frequency of visits to be determined by the therapist.

### MODALITIES

As needed

## WEEK 4 - ?

### BRACE

### ROM

AROM Flex / Ext 0 - 90 Degrees \_\_\_\_\_

Strengthening 0 - 45 Degrees \_\_\_\_\_

### STRENGTHENING

Continue above exercises \_\_\_\_\_

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

Leg Press 0 - 45 degrees \_\_\_\_\_

Step up on small step 0 45 degrees \_\_\_\_\_

0-45 degree Squats \_\_\_\_\_

Calf Raises \_\_\_\_\_

Proprioception \_\_\_\_\_

Eliptical machine 0 - 45 degrees \_\_\_\_\_

### MODALITIES

As needed

## WEEK ?

Physician Signature