



# PATELLOFEMORAL MICROFRACTURE

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**WEEKS 0-4**

DATE

WEIGHT BEARING

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

ROM

AROM Flex /Ext 0 - 40 degrees \_\_\_\_\_

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

CPM 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 - 6**

BRACE

Locked in full extension

WBAT

ROM

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

CPM 0 - 90degrees \_\_\_\_\_

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 6 - 12**

BRACE

Unlock brace

D/C crutches

ROM

Full Active and Passive ROM

STRENGTHENING

Continue above exercises

Continue to limit knee flexion with strengthening to 0 - 45 degrees

Begin aggressive strengthening,

Add cycling

## **PATELLOFEMORAL MICROFRACTURE**

**WEEK 12 - 20**

### STRENGTHENING

- Progress to running
- Open Chain hamstring and quadriceps strengthening
- Progressive return to sports at 5 - 6 months

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Physician Signature