

**MICROFRACTURE SURGERY
POST-OP PROTOCOL
Dr. SANKO**



<u>WEEKS 0-6</u>	DATE
<u>WEIGHT BEARING</u>	
NWB	_____
<u>ROM</u>	
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	_____
<u>STRENGTHENING</u>	
Immediate	
Ankle T-band	_____
Quad sets	_____
SLR x4	_____
Stationary Bike	_____
Total Gym 0-60	_____
(per physician approval for PWB)	
Multiple Angle Isometrics	_____

<u>WEEK 6-10</u>	
<u>WEIGHT BEARING</u>	
Progress per physician approval	
<u>ROM</u>	
Progress to 135 by week 8	
<u>STRENGTHENING</u>	
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	_____

<u>WEEK 10-16</u>	
<u>ROM</u>	
Full flexion ROM	
<u>STRENGTHENING</u>	
Leg Press 0-90	_____
(>full body weight)	
0-60 degree squats	_____
Leg Curl	_____
Forward lunge	_____
Stair master	_____

Physician Signature