# Microfracture Surgery Post-Op Protocol

Dr. SANKO

## Weeks 0-6

**Weight Bearing**

<table>
<thead>
<tr>
<th>Date</th>
<th>NWB</th>
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</table>

**ROM**

- Immediate full passive extension
- Patellar Mobs

Minimum ROM goals

<table>
<thead>
<tr>
<th>Week</th>
<th>ROM</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0-90</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>0-105</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>0-115</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>0-125</td>
<td></td>
</tr>
</tbody>
</table>

- Hamstring and calf stretches

**Strengthening**

- Immediate
  - Ankle T-band
  - Quad sets
  - SLR x4
  - Stationary Bike
  - Total Gym 0-60
    (per physician approval for PWB)
  - Multiple Angle Isometrics

## 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

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Physician Signature