

Chondroplasty/Microfracture Protocol

Dr. Murphy

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> Dressing Change Instruction in Signs and Symptoms of Infection Check for DVT Issue HEP for quad sets, SLR, hip adduction, hip abduction, patellar mobilizations, hip extension, heel slides and cryotherapy ROM is not limited, progress pain free 	<ul style="list-style-type: none"> Independent in HEP Fair Quad Set NWB x 6 weeks May be WBAT in full extension (brace) if indicated in surgical report
Phase I 0-6 weeks	<ul style="list-style-type: none"> Frequency = 1-2x/week if needed to attain good quad set, good ROM Tabletop exercises in clinic and HEP CPM may be used if ordered by physician Can progress ROM to WNL 	<ul style="list-style-type: none"> Good Quad Set Full Extension ROM to WNL NWB (unless otherwise noted)
Phase II 6-12 weeks	<ul style="list-style-type: none"> Frequency = 3x/week Progress WBAT Progress unilateral exercises Progress functional strength training and closed chain exercises Progress ambulation to normalize gait 	<ul style="list-style-type: none"> Normal gait Normal gait on stairs ROM WNL
Phase III 12-16 weeks	<ul style="list-style-type: none"> Frequency = 1-2x/week ROM WNL Progress all other strengthening as tolerated Plyometrics Begin jogging, swimming, biking 	<ul style="list-style-type: none"> Return to functional training/sports at 3-4 months per MD discretion
Phase IV 16+ weeks	<ul style="list-style-type: none"> Frequency - prn 	<ul style="list-style-type: none"> Return to sports and functional activity