



## Microfracture (Knee) Protocol

<b>Applicability:</b> Physician Practice	<b>Date Effective:</b> 01/2018
<b>Department:</b> Rehabilitation Services	<b>Date Last Reviewed / or Date Last Revision:</b> 01/2021
<b>Supersedes:</b> Microfracture Protocol (Dr. Beattie)	
<b>Administration Approval:</b> Deanna Orfanidis VP, Chief Nursing Officer	

**Purpose:** Define the protocol to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

**Policy Statement:** Treatment will follow the defined protocol below and be carried out by Physical Therapist, Athletic Trainer and/or Physical Therapy Assistants.

**Background:** N/A

**Definitions:** N/A

**Procedure:**

Outpatient PT starts post op day 1-3

**Phase 1 (0-8weeks)**

- Weight Bearing:
  - Foot flat Touch WB x 6 weeks then PWB x 2 weeks
- Exercises:
  - Active and Passive ROM-GOAL is MOTION
  - SLR in supine, prone, and side lying with knee locked in extension
  - Knee isometrics
  - No strengthening through ROM
  - ankle and toe exercises with knee locked in extension
- Pain and Edema Control
  - Kinesiotaping as indicated
  - Estim as indicated
  - Ice, elevation, tensogrip
- Home CPM
  - 2 hr increments, 2-3x/day (a minimum of 4 hrs/day)
  - 0-45 degrees (ok to progress but not necessary to increase as long as the range includes the area of involvement)
  - Continue home CPM x 6 weeks



**Phase 2 (8 weeks+)**

- Wean from crutches as tolerated
- Strengthening through ROM after off crutches
- Progressive strengthening hip, knee and ankle as tolerated to ensure return to prior level of function and activities.

**Note Well:** Variances will be communicated by the surgeon directly to Rehabilitation Services.

**Related Policies:** N/A

**References:** N/A

**Reviewers:**

**A. Key Stakeholders:**

- Dr. Andrew Myrtue – Medical Director, Ortho & Rehab Service Line
- Karen Staniels – Director, Ortho, Rehab & Occupational Health

**B. Committees:** N/A

**C. Key Process Owner (KPO):** Kristy Cushing – Manager, Rehab Services

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***Keywords - Not part of policy:* [ADD Key words for policy search if end user didn't know the name]**