


## Microfracture (Knee) Guideline

 <b>NMC</b> <small>NORTHWESTERN MEDICAL CENTER</small>	<b>Document Classification</b>	<input type="checkbox"/> Policy <input type="checkbox"/> Procedure <input checked="" type="checkbox"/> Guideline
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**Purpose:** Define the process to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

**Target Users:** Treatment will follow the defined guidelines below and be carried out by Physical Therapist, Athletic Trainer and/or Physical Therapy Assistants.

**Definitions:** NA

**Guidelines:**

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
  - Kinesio taping as indicated.
  - Estim as indicated.
  - Ice, elevation, tensogrip
- Home CPM (per provider discretion)
  - 2-hour increments, 2-3x/day (a minimum of 4 hours/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.

**Responsibilities:**

Variances will be communicated by the surgeon directly to the rehabilitation staff.

**References:**

*Clinical Orthopedic Rehabilitation a Team Approach*

Fourth Edition Giangarra, Charles, Manske, Robert, Brotzman S. Brent copyright 2018

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