Microfracture (knee) Protocol

Applicability: Physician Practice	**Date Effective:** 1/2018
Department: Rehabilitation Services **Supersedes:** Microfracture Protocol (Dr. Beattie)	**Date Last Reviewed / or** **Date Last Revision:** 1/2018
Administration Approval: Amy Putnam, VP Physician Services	

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.
Monitoring Plan: Rehab Chart Audit
Related Policies: N/A
References: N/A
Reviewers: Rehab and Ortho

A. **Key Stakeholders:** Michael Barnum, Ortho Medical Director
B. **Committees: N/A**
C. **Key Process Owner (KPO):** Kristy Cushing, Manager Rehab Services. Karen Staniels Director of Ortho and Rehab

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