



Microfracture (knee) Protocol

Applicability: Physician Practice	Date Effective: 11/2016
Department: Rehabilitation Services	Date Last Reviewed / or Date Last Revision: 11/2016
Supersedes: Microfracture Protocol (Dr. Beattie)	
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

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