Microfracture (knee) Protocol

<table>
<thead>
<tr>
<th>Applicability: Physician Practice</th>
<th>Date Effective: 11/2016</th>
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<tbody>
<tr>
<td>Department: Rehabilitation Services</td>
<td>Date Last Reviewed / or Date Last Revision: 11/2016</td>
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<td>Supersedes: Microfracture Protocol (Dr. Beattie)</td>
<td>Administration Approval: Amy Putnam, VP Physician Services</td>
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**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]