



***MICROFRACTURE OR OATS OF PATELLA OR TROCHLEA
POSTOPERATIVE PROTOCOL***

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Weight Bearing:

WBAT (weight bearing as tolerated) in brace, locked in extension, crutches as needed

CPM:

Week 0-2: Goal of 6-8 hours/day, 0-30 degrees

ROM:

Week 0-2: AROM/PROM: 0-30 degrees

Week 2-4: AROM/PROM: 0-60 degrees

Week 4-6: AROM/PROM: 0-90 degrees

After wk 6: full motion as tolerated

Brace:

Week 0-1: post-op hinged knee brace locked 0° extension (except in CPM)

Week 1-2: post-op hinged knee brace: 0-30°

Week 2-4: post-op hinged knee brace: 0-60°

Week 4-6: post-op hinged knee brace: 0-90°

After wk 6: discontinue brace

Exercise:

Week 0-2: quad sets, straight leg raise, calf pumps

Week 2-6: *start Physical Therapy: quad/hamstring isometrics, SLR's, calf raises and hip abductor/adductors with knee extended

Week 6-12: closed chain patellofemoral program

After wk 12: running, cutting/pivoting progression

If you have any questions, please contact our clinic.