

Micro-fracture (PF joint) Protocol

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- A. 0-6 weeks post-op
 - 1. Gait: - WBAT
 - Use knee immobilizer to maintain fully extended knee during WB
 - 2. Avoid loading PF joint with all PT, exercise, and activities (i.e. sitting, stairs, etc.)
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Exercise
 - a. Restore ROM without loading PF joint (no active knee extension)
 - b. Muscle flexibility work
 - c. Progressive hip and core
 - d. Isometric quad, HS, glut work
 - e. Progressive SLR, hip abduction and hip extension work
 - f. May use stationary bike with no resistance
- B. 6 weeks post - op
 - 1. Wean from immobilizer as indicated
 - 2. Exercise
 - a. Progressive OKC, CKC, balance/proprioceptive work
 - b. Progressive hip and core
 - c. Progressive non-impact cardio: Stationary Bike→Elliptical→Stairmaster
- C. 8-12 weeks post-op (if indicated)
 - 1. Interval jog to run progression
 - 2. Progressive agilities, plyometrics and footwork drills
 - 3. Progressive sport specific activities