

Micro-fracture (WB Surface) Protocol

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- A. 0-6 weeks post-op
 - 1. Gait: Min-NWB status
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. Restore full ROM
 - b. Progressive OKC strength work
 - c. Seated 90-45° Active ROM (Joint Nutrition) 100 reps, 5-6x/day
 - d. Progressive NWB hip and core work
 - e. Stationary bike with NO resistance
- B. 6 weeks post - op
 - 1. Gait: WBAT
 - 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