



HUGHSTON
CLINIC

ORTHOPAEDICS

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Patient Name:

Date of surgery:

Microfracture/OBI Truefit: Weightbearing Femoral Condyle
Stage I: Healing Phase (0-6 weeks)

****Knee immobilizer or brace** thru 6 weeks

****Non-weightbearing with crutches** x6 weeks (TTWB ok)

****CPM** ~ 4-6 hours daily x6 weeks, start 0-60 degrees post-op, progress to 110 degrees by 6 weeks, and full ROM by 12 weeks post-op.

ROM Exercises: Week 0 - 6: 0-110 degrees

(goal 90 degrees flexion by week 3, 110 degrees by week 6)

Isometric quad sets and SLR: start immediately post-op

wear knee immobilizer during SLR

may apply e-stim for poor quad function

Pre Progression – Emphasize VMO Strengthening

- Multiple angle isometrics
 - Eccentric closed chain isotonic
 - Concentric closed chain isotonic
 - Eccentric open chain isokinetics (performed in 90-30 deg arc)
 - Concentric open chain isokinetics, submaximal
 - Eccentric open chain isotonic
 - Concentric open chain isotonic, submaximal
 - Concentric open chain isotonic, maximal
- Gentle multi-directional patella mobilization immediately after surgery
- Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions 2-3 weeks post-op
- Hamstring/adductor/abductor/quadriceps/Achilles stretching



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- Whirlpool therapy if available at 2-3 weeks post-op to enhance motion
- Stationary bicycle with no resistance once 90 degrees knee flexion obtained (~4 weeks)
- Anti-inflammatory modalities as needed (US/massage/e-stim)
- Cryotherapy and compression stockings/TEDS for swelling and pain control

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Stage 2: Transitional/Remodeling Phase (7+ weeks)

****Weight-bearing status:** use bathroom scale to progress as follows:

week 7: PWB 1/2 body weight

week 8: FWB with crutches

week 9+: crutch, cane, or no device as tolerated

ROM Exercises: continue full AROM and gentle PROM exercises

CPM may be discontinued

Therex

- Low weight (max 10-20lbs.) open-chain leg extension and curl
 - Stationary bicycle with gradual increased tension per level of comfort
 - Continue quad sets, SLR in brace, leg curl and heel slides
 - Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
 - Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction
- Continue multi-directional patella mobilization
 - Hamstring/adductor/abductor/quadriceps/Achilles stretching
 - Whirlpool therapy if available to enhance motion and quadriceps/hamstring muscle control



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- E-stim for VMO/quadriceps muscle re-education/biofeedback as needed
- Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
- Activity level should be modified if increased pain, catching, or swelling occurs
- Consider unloader brace for affected compartment