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Microfracture/ Cartilage Resurfacing

Physical Therapy Protocol

Randy Clark MD

| | WEIGHT BEARING | BRACE | RANGE OF MOTION | GOALS | EXERCISES |
|--|--|-------------------------------------|-----------------------------------|--------------------------------------|---|
| 0-2 weeks | Non-weight bearing in brace and crutches | Immobilizer locked straight when up | Full ROM when seated | Dec pain and swelling | Elevation, icing, SLR in brace |
| 2-6 weeks Start P.T at 2 weeks | Non weight bearing in brace and crutches | Immobilizer locked straight when up | 1- full ROM 2- no manipulation | 1-full ROM 2- SLR against gravity | 1-No resistance strengthening 2-SLR |
| 6-10 weeks | Weight bearing as tolerated | Ok to remove with good quad control | Full ROM | Full strength | 1-stationary bike 2-gait training 3-begin closed chain strengthening 4-no running/jumping/sports |
| 10-16 weeks | Weight bearing as tolerated | None | Full ROM | Symmetric quad girth and strength | 1- advance strengthening 2- closed chain only 3- no sports/jumping |
| 16+ weeks | Ok to begin jogging | None | Full ROM | Sport specific activities | 1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 4-physician clearance |

Specific Recommendations /Restrictions /Goals:
