

UCLA OUTPATIENT REHABILITATION SERVICES	
<input type="checkbox"/> WESTWOOD 1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457	<input type="checkbox"/> SANTA MONICA 1260 15 th St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269
FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	

KNEE MICROFRACTURE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p (LEFT / RIGHT) Microfracture (Trochlear Groove / Patella)

Lesion size: _____

Additional Procedures: _____

Surgery Date: _____

Phase I—Maximum Protection (0 to 1 week):

- ___ Ice and modalities to reduce pain and inflammation
- ___ Brace 0° to 30° for 6 weeks
- ___ Use crutches (approx. 2 weeks); wean off as gait normalizes and inflammation subsides
- ___ Elevate the knee above the heart in full extension for the first 7 days to alleviate swelling
- ___ Initiate patella mobility drills
- ___ CPM x 6 weeks
- ___ Begin full passive/active knee range of motion exercises
- ___ Quadriceps setting focusing on VMO restoration, Quad stim to prevent atrophy
- ___ Multi-plane open kinetic chain straight leg raising
- ___ Gait training

Phase II—Progressive Stretching and Early Strengthening (Weeks 1 to 6):

- ___ Maintain program as outlined in week 0 to 1
- ___ Continue with modalities to control inflammation
- ___ Initiate global lower extremity stretching program (IT band, hamstrings etc)
- ___ Core strengthening program
- ___ Begin stationary bike and pool exercise program (only when incisions healed-3 weeks postop)
- ___ Implement reintegration exercises emphasizing core stability
- ___ Multi-plane ankle strengthening

Phase III—Strengthening and Proprioceptive Phase (Weeks 6 to 12):

- ___ Continue with Phase II exercises as indicated
- ___ Opening Brace As Follows:
 - 0° to 45° for 3 days
 - 0° to 60° for 3 days
 - 0° to 90° for 3 days
 - Wean out of brace by week 8
- ___ Normalize Gait
- ___ Advance core strengthening program
- ___ Advance time and intensity on cardiovascular bike program
- ___ May begin treadmill or elliptical trainer - no running
- ___ Initiate closed kinetic chain exercises progressing from bilateral to unilateral

Phase IV—Advanced Strengthening (Weeks 12 to 20):

- ___ Gym-strengthening program avoiding PF provocative exercise (lunges, leg extensions...)
- ___ Biking outside, walking and swimming

Phase V—Return to Sport Functional Program (Weeks 20 to 24):

***The following progression is designed for athletes desiring to return to impact/running sports. Patients not returning to impact activity are advised to focus primarily on non-impact cardio-vascular exercise.**

- ___ Pool running with progression to dry land
- ___ Linear running drills with gradual progression to lateral and rotational as tolerated

- ___ Continue with lower extremity strengthening, cardiovascular training, core and flexibility work
- ___ Plyometric activity (increasing as tolerated)
- ___ Sports test for return to play 6 to 9 months

Treatment: _____ times per week **Duration:** _____ weeks ___ Home Program

**Please send progress notes.

Physician's Signature: _____ **Date:** _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

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Microfracture PAGE 2

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262

Kristofer J. Jones, M.D.
UCLA Department of Orthopaedic Surgery