Chondral Microfracture

Name: _____

Dr: Jonathan Frank MD Date: _____

ROM RESTICTIONS

Full passive motion

BRACE SETTINGS

Immobilizer x 4wks., brace until no lag

Weight Bearing status

Non-weight bearing x 6 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week

	Week													
Initial Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**8**	**9**	**10**	**12**	**16**	**20**	**24**	**30**
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises							●	●	●	●	●	●		
Balance series							●	●	●	●	●	●	●	●
Cardiovascular Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**8**	**9**	**10**	**12**	**16**	**20**	**24**	**30**
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance			●	●	●	●	●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aquajogging						●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline									●	●	●	●	●	●
Swimming with fins									●	●	●	●	●	●
Elliptical trainer										●	●	●	●	●
Rowing										●	●	●	●	●
Stair stepper											●	●	●	●
Weight Bearing Strength	**1**	**2**	**3**	**4**	**5**	**6**	**8**	**9**	**10**	**12**	**16**	**20**	**24**	**30**
Double knee bends											●	●	●	
Double leg bridges											●	●	●	
Reverse lunge – static hold											●	●	●	
Beginning cord exercises											●	●	●	
Balance squats												●	●	
Single leg deadlift												●	●	●
Leg press												●	●	●
Sports Test exercises												●	●	●
Agility Exercises	**1**	**2**	**3**	**4**	**5**	**6**	**8**	**9**	**10**	**12**	**16**	**20**	**24**	**30**
Running progression														●
Initial – single plane														●
Advance – multi directional														●
Functional sports test														●
High Level Activities	**1**	**2**	**3**	**4**	**5**	**6**	**8**	**9**	**10**	**12**	**16**	**20**	**24**	**30**
Golf														●
Outdoor biking, hiking, snowshoeing														●
Skiing, basketball, tennis, football, soccer														●