

MICROFRACTURE PAT - TRO
POST-OP PROTOCOL:

IN PARR: **C.P.M.:** 0 TO 30 DEGREES, 1 CYCLE PER MINUTE, MINIMUM 8 HOURS PER DAY. INCREASE IN 10 DEGREE INCREMENTS TO FULL R.O.M. AS SOON AS POSSIBLE.

CRUTCHES: NON-WEIGHTBEARING.

2 WEEKS: FIRST OFFICE VISIT. SUTURES OUT. BEGIN P.T. **PHYSICAL THERAPY:** FULL PASSIVE R.O.M.. ISOMETRIC STRENGTHENING 0 TO 20 DEGREES. NON-WEIGHTBEARING AMBULATION.

4 WEEKS: DISCONTINUE C.P.M.

6 WEEKS: FULL WEIGHT-BEARING. CLOSED CHAIN ISOTONIC STRENGTHENING THROUGH FULL R.O.M. STATIONARY BIKE.

16 WEEKS: OPEN CHAIN EXERCISES. JOGGING ALLOWED.

24 WEEKS: RETURN TO LEVEL 1 SPORTS.