
PHYSICAL THERAPY REHAB PROTOCOL

Knee Microfracture

Rehab Protocol

Weeks 1–6: Home Exercise Program

- Non-weightbearing with crutches
- Range of motion as tolerated

Weeks 6–14: Begin Formal Physical Therapy

Goals

- Restore full ROM
- Restore normal gait
- Demonstrate ability to ascend and descend stairs with good control and without pain
- Independent with home exercise program

Precautions

- Avoid descending stairs reciprocally until adequate quad control and proper alignment
- Avoid pain with therapeutic exercise and functional activities
- Avoid running and other impact or sporting activities

Exercises

- Progress weightbearing as quad control allows; discontinue crutches when gait is non-antalgic
- Active assisted range of motion exercises
- SLR in all planes
- Balance and other neuromuscular training
- Stationary bike
- Leg press, lower extremity PREs
- Squat 0–60°
- StairMaster / elliptical machines
- Forward step up/down

Weeks 14–22

Goals

- Demonstrate ability to run pain-free
- Maximize strength and flexibility to meet demands of ADLs

- Independence with gym program for maintenance and progression

Exercises

- Continue LE strengthening as previous
- Progress squats to 90°
- Lunges
- Begin forward jogging on treadmill (4 months post-op)
- Begin agility / sport-specific program (when strength base is sufficient)
- Begin plyometric program (when strength base is sufficient)

These instructions are general guidelines from Dr. Tannenbaum's office. Always follow any specific instructions given to you by Dr. Tannenbaum or his team. Questions? Call Southern Indiana Orthopedics at (812) 376-9353.