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Microfracture/ Cartilage Resurfacing

Physical Therapy Protocol

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	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:
