

# CANTON-POTSDAM HOSPITAL

CARING BEYOND MEDICINE

## Department of Physical Rehabilitation

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## Dr. Clark's Protocol for Knee Arthroscopy with Patello-Femoral Microfracture

Microfracture technique is used in the knee where there is a defect in the articular cartilage. Small holes are created to allow the bone marrow elements to form a clot in the defect. Subsequently, a repair cartilage will mature in the defect. When the defect is in the patellofemoral space, a knee brace is used for at least the first six weeks. The patient may be partial weight bearing with the crutches as long as the brace is used in full extension. A continuous passive motion machine (cpm) may be used for the first six weeks to stimulate the cartilage growth. If it is used, the starting setting may be 0°-30° and advanced 10° per day all the way up to full range of motion as tolerated. The goal is to use the machine for 6-8 hours a day. It is important to call the office as soon as possible after the surgery to confirm that the cpm is being delivered to your house or apartment. Ice may also be used at 20 minute intervals for the first one to two days to help decrease pain and swelling.

### 0-4 weeks

- Active quads and hamstrings at 0°-30°
- Hip adduction/abduction adding resistance as tolerated
- Stationary bike – no resistance (brace can be removed for this)
- Straight leg raise
- VMO (non-weight bearing)
- Stretches for quads, hamstrings and calf
- CPM machine to be used for the first 6 weeks

### 4-6 weeks

- The above exercises are to continue.
- Active movement limited to range that does not engage the lesion and is comfortable
- Isometric, co-contraction quads/hamstrings
- The knee brace is gradually opened up to 0-90°.

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**6 weeks+**

- No limit to active range of movement
- Progress all above exercises, add gentle resistance as tolerated. Resistive bands may be used for this.
- Proprioceptive exercises
- The brace may be unlocked.
- Gradually wean off crutches.

**12 weeks**

- Jogging can be commenced if appropriate for patient and comfortable to perform.
- No more knee brace.

**16 weeks**

- Free or machine weights can be commenced.

**24 weeks**

- Full return to sports if cleared by physician