

Microfracture – Trochlear Groove

Name: _____

DOB: _____

Dr: Cinque

DOS: _____

ROM RESTRICTIONS

FROM

BRACE SETTINGS

T scope 0-0 until no quad lag then 0-90 x 6 wks

Weight Bearing status

PWB x 2 weeks

CPM

0-70 x 6 wks
6 hours per day

		Weeks from surgery										
ROM & Muscle Initiation		1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27+
Flexion/Extension – wall slides												
Flexion/Ext – seated/calf assisted												
Patella/Tendon mobilization												
Extension mobilization (no hyperext)												
Quad series												
Hamstring sets												
Terminal knee extension, Straight leg raise (when no quad lag)												
Ankle pumps												
Bike with no resistance												
Progress to Endurance: ROM >125°, Quad set that terminally extends the knee												
Muscular Endurance 3 x 15, 45s rest									9-14+			
Lateral band stepping												
Single leg leg press												
Squat progression												
RDL												
Tuck squat												
Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference												
Muscular Strength 3 x 10 120s rest										15-20+		
Lateral band stepping												
Single leg leg press												
Hex bar squat												
Kettlebell deadlift												
Elevated split squat												
Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference												
Muscular Power 3 x 6, 180s rest											21-26+	
Front squat												
Barbell deadlift												
Split jumps												
Sled drags												
Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side												
Running, Speed & Agility												27+
Running progression												
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
High Level Activities											21-26+	27+
Golf, outdoor biking												
Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria												