



Trochlear Groove Micro fx

Protocol

Pt Name: _____

DOS: _____

****Pt's BMI needs to be considered when initiating and progressing weight bearing activities**

PWB/WBAT per physician order

No DEEP squats or Kneeling

Week 1-6: _____

Goals:

- Prevent MM atrophy
- Decrease Pain & Inflammation
- Increase Strength
- Maintain PWB OR WBAT
- Progress PROM (0-130)

Exercises:

- Heel slides
- Towel extension
- QS/HS
- Ankle Pumps
- SLR: Flex, ABD, ADD,
- Heel Raises
- Standing TKES,
- Recumbent bike
 - *add resistance as tolerated
 - ** For Dr. Sanders no resistive knee flex til 6 wks

PROM: manual therapy as tolerated

Week 6-9: _____

Exercises:

Progress current Exercise Reps and Weights

Add exercises as tolerated:

- Fwrd Step Ups
- Lat Step Ups
- Leg press

PROM: manual therapy as tolerated

Week 9-12: _____ **

Exercises:

- proprioceptive exercises (Non-impact closed chain)
 - Single leg stance
 - Single leg stance with ball toss
 - Balance board
 - Balance board mini-squats

Week 12: _____ **

Exercises:

- Progress athlete to light jogging then running
- NonWeighted Squats
- High-impact proprioceptive training
 - Jumps in place, box jump
 - Bounding, muti-hops

