



For Sports Medicine & Orthopaedics

*Because Life Happens In Motion*

## Medial/Lateral Femoral Condyle Micro-fracture Protocol

Pt Name: \_\_\_\_\_

DOS: \_\_\_\_\_

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

### Week 1-6:

NWBX6weeks

#### Goals:

- Prevents MM atrophy
- Decrease Pain& Inflammation
- Maintain NWB status
- Progress PROM/AROM (0-130)

#### **Exercises:**

- Heel slides
- Towel extension
- QS/HS,
- Ankle Pumps: advance to t-band as tol
- SLR: Flex, ABD, ADD
- Recumbent Bike(lowest resistance)
- SAQ
- Knee Ext
- Hamstring curls(stand on unaffected)
- \*add resistance as tolerated

**PROM:** manual therapy as tolerated

### Week 6-9:

DC Bil Crutches: progress to 1 crutch for 1-2wks then DC crutch use.

**Exercises:** Add Weight Bearing

Exercises as tolerated:

- Mini Squats
- Heel Raises,
- Fwrd Step Ups
- Standing TKES
- Leg Press
- Recumbent bike: Progress Resistance as tolerated

**PROM:** manual therapy as tolerated

### Week 9-12: \*\*

#### **Exercises:**

- Non-impact closed chain proprioceptive training
- Single leg stance
- Single leg stance with ball toss
- Balance board
- Balance board mini-squats
- Resistive Band walking

### Week 12: \*\*

#### **Exercises:**

- Progress athlete to light jogging then running
- High-impact proprioceptive training
- Jumps in place
- Bounding
- Multiple hops/jumps

