**Mr Rob Gilbert**

**REHABILITATION PROTOCOL FOLLOWING FEMORAL CONDYLE MICROFRACTURE**

**Ensure patient achieves milestone prior to progression**

**Return to contact sports approximately 20 weeks post-op**

**Return to gentle non-contact, non-competitive sports at physiotherapist’s discretion but must be over 16 weeks post-op**

**Any problems during rehabilitation please contact Mr Gilbert**

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| --- | --- | --- | --- | --- |
| **WEEK** | **RANGE OF MOVEMENT** | **MOBILITY** | **TREATMENT** | **MILESTONE TO PROGRESS** |
| Day of surgery | Immediate 0°-90° Passive ROM on CPM machine. | Touch weight bearing with EC | * Use of ice and elevation * Ensure adequate pain relief * Apply CPM in recovery * Teach **passive** ROM exs to continue hourly on discharge * Static quads * SLR * Circulatory exercises | * No post-operative complications * Independent mobility with EC * Good understanding of home exercise programme |
| Week 1-4 | No limit to passive ROM.  No active quads/hams through range. | Touch weight bearing with EC | * Continue ice and elevation * Ensure adequate pain relief * Hourly PROM flexn/extn exs in prone/sitting using unaffected leg for support * Heel props * Extension mobilisations if required * Static Qs/SLRs * Early VMO * Gluteal strengthening | * Minimal pain * Full range extension * SLR with no lag |
| Weeks 4-6 | No limit to passive ROM.  Active movement limited to range that does not engage the lesion | PWB with EC | * Continue cryotherapy as required * Continue regular PROM exs * SLRs with resistance * Isometric, co-contraction quads/hams in range that does not engage the lesion * VMO/Gluteal strengthening * Hydrotherapy if appropriate * Proprioception exs | * No pain * Minimal/no effusion * SLR x 10 with no lag |
| Weeks 6-12 | No limit to AROM | FWB, no walking aids | * Exs bike with increasing resistance * Treadmill walking * Step ups/cross trainer/rower * CKC/OKC hams – increase resistance as tolerated * CKC/OKC Qs – increase resistance as tolerated * Squats, lunges | * No pain * No effusion * Normal gait pattern |
| Weeks 12-16 | Full AROM | FWB | * Progress strength training – no limits * Treadmill – commence light jogging and progress as symptoms allow * Progress to early change of direction running * Plyometrics | * No pain * No activity related swelling * Normal running pattern |
| Weeks 16-20 |  |  | * Agility/cutting/twisting * Sport specific | * Symptom free sports specific training |
| From week 20 onwards |  |  | * Return to full competitive sport | * Fully fit for demands of specific sport |

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