



Mid-America Orthopedics

Dr. Justin Strickland

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Femoral/Tibial Plateau Micropick/Microfracture

Day 3 - 6 weeks:

- **Brace:** ROM brace locked in full extension
- **ROM:** As tolerated to full.
- **Strengthening:** QS, HS, and SLRs in all directions
- **Ambulation:** Non-weight bearing

Week 6:

- **Brace:** Unlock ROM brace
- **ROM:** Full
- **Strengthening:** Stationary bike & Low Level Total Gym Squats/Calf Raises
- **Ambulation:** Toe touch-25% weight bearing

Weeks 7-8:

- **Brace:** DC Brace when patient has good quad control
- **ROM:** Full
- **Ambulation:**
 - Week 7: WB 50%
 - Week 8: Full WB
- **Strengthening:** Ham Curls, Total Gym/Leg Press, Wall sits, Mini Squats, Anterior Step-ups
- **Balance Training:** SLS & Cup Walking
- **Aerobic Conditioning:** Stationary Bike

Weeks 9-12

- Progress CKC and balance exercises as patient can tolerate.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.