



Mid-America Orthopedics

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Patellar Micropick Protocol

Days 0-13

- **Brace:** Locked in extension at all times.
- **Ambulation:** WBAT with leg locked in extension.
- **ROM:** No ROM of knee for 2 weeks.
- **Exercises: Do in brace locked in extension.**
Quad sets
SLR

Days 14-27

- **Brace:** Continue locked in extension when on feet. Can unlock for ROM.
- **Ambulation:** WBAT with leg locked in extension.
- **ROM:** PROM 0-90°
- **Exercises:**
Continue with quad sets and SLR
Add heel prop for extension and stretching

Days 28-34

- **Brace:** Continue locked in extension when on feet. Can unlock for ROM.
- **Ambulation:** WBAT with leg locked in extension.
- **ROM:** PROM 0-110°
- **Exercises:** Continue previous exercises.

Days 35-41

- **Brace:** Continue locked in extension when on feet. Can unlock for ROM.
- **Ambulation:** WBAT with leg locked in extension.
- **ROM:** PROM 0-120°
- **Exercises:** Continue previous exercises.

Days 42+ (end of 6 weeks)

- **Brace:** Unlock brace.
- **Ambulation:** WBAT with brace unlocked.
- **ROM:** PROM 0-135°
- **Exercises:** Begin AROM and gentle strengthening.
Total gym squats
Step-ups

Wall sits
Balance activities

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.