

Name _____

Therapist _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Microfracture: Chondral

Assure patient that improvement will continue to be noticed for 12 to 18 months as the new cartilage remodels and matures.

Phase 1 – MOTION AND MOBILITY/PROTECTION

Week 0-6 Patellar mobilizations, including quad & patellar tendon
Quad set progressing to SLR (with NMES, biofeedback)
ROM: emphasize full extension, heel/wall slides for flexion
*Bike for motion starting when 90° flexion achieved
ROM: Progress to full as tolerated
Brace: None or unlocked 0-90° (per surgeon discretion)
Weight-bearing: NWB for 6 wks

Phase 2

Week 7-9 **EARLY WEIGHT-BEARING**
Gait training
Gradually initiate entry-level closed-chain activities (low reps)
Weight bearing: Axillary crutches (2):
PWB 25% (week 7)
PWB 50% (week 8)
PWB 75% (week 9)
Wean from crutches PWB→FWB (week 9)

Week 10-13 **ENDURANCE**
Low volume protected closed-chain progression (including squat, lunge, step-up, bridge)
Progress from double leg to single leg; from stable to unstable surfaces
Balance progression
Bike for cardiovascular fitness

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 14-20 Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Initiate squat jump progression from shuttle to gravity dependent position
* No loaded deep knee flexion for 4-6 months

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 20+ Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities *See functional criteria*

Running: 4-5 months when functional criteria are met

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 6 months at earliest

Surgeon Comments: