Name_____

Therapist_____

Physician_____

**Patient
Flow Sheet**

proaxistherapy™

Microfracture: Trochlear

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

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 when 120° pain-free ROM achieved
ROM: 0-60°(weeks 0-2);
Advance ~5°/day on CPM and with PROM as tolerated (week 3+)
Brace: 0-20°(weeks 0-6)
Weight-bearing: PWB 50% (weeks 0-2), then progress to WBAT in brace

Phase 2 – ENDURANCE

Week 7-12
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

ROM: Progress to full as tolerated
Brace/Weight-bearing: Begin protected WBing opening brace as follows:
0-45°(week 7)
0-60°(week 8)
0-90°(week 9)
Wean out of brace by week 10

*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 13-20
Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Initiate squat jump progression from shuttle to gravity dependent position
* Avoid leg extensions, lunges

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: