

WEEK	RANGE OF MOVEMENT	MOBILITY	REHABILITATION EXERCISES	GOALS BEFORE PROGRESSION
In-patient 0-3 Days	Immediate CPM, if available. PROM and CPM setting as tolerated. Apply for 6-8 hours within a 24-hour period.	Touch weight bearing, (10-15 kg) with EC and splint.	Cryotherapy SQ SLR (if no lag or with splint insitu) Passive ROM exercises/ mobilisations EOR extension mobilisations Calf/ Gluteal--> circ. ex.	<input type="checkbox"/> Independent mobility <input type="checkbox"/> Good understanding of post-operative rehabilitation <input type="checkbox"/> No complications following surgery
From discharge home	No limit to passive movement. (NB. No Active Quads/ Hams <i>through range</i>).		Continue/ progress above Active Add./ Abductors, adding resistance as tolerated SLR in prone Early VMO Early proprioception Upper body Contralateral leg Flexibility Unicam bike, passive setting Hydrotherapy	<input type="checkbox"/> Minimal pain <input type="checkbox"/> Full passive extension <input type="checkbox"/> SLR no lag
From Week 4	Active movement limited to range that does not engage lesion in CKC/ Partial weight bearing.	Partial weight bearing, (1/2 body wt.) with EC and no splint.	Isometric, Co-contraction, CKC Quads/ Hams. at varying angles that do not engage the lesion. Hydrotherapy Early plyometrics	<input type="checkbox"/> Good co-contractive muscle control <input type="checkbox"/> Pain free <input type="checkbox"/> Minimal effusion
From Week 6	No limit to active movement.	Full weight bearing if tolerated.	Progress above OKC Quads/ Hams Add resistance as tolerated and indicated for specific sport/ activities	<input type="checkbox"/> Normal independent gait pattern <input type="checkbox"/> Quads and Hams strength at least 80% to that of contralateral leg <input type="checkbox"/> No effusion <input type="checkbox"/> No pain <input type="checkbox"/> No mechanical symptoms
From Week 8			Treadmill light interval jogging on a sprung surface. Gradually progress duration and pace as symptoms allow. NB. Smaller lesion sites may progress quicker than larger sites. Use clinical judgement.	<input type="checkbox"/> No effusion <input type="checkbox"/> No pain <input type="checkbox"/> No mechanical symptoms <input type="checkbox"/> No altered jogging pattern (limp) with respect to fatigue
From Week 12			Agility/ cutting/ twisting/ turning Sport specific	<input type="checkbox"/> No effusion <input type="checkbox"/> No pain <input type="checkbox"/> No mechanical symptoms
From Week 14-16			Return to sport	<input type="checkbox"/> No effusion <input type="checkbox"/> No pain <input type="checkbox"/> No mechanical symptoms <input type="checkbox"/> Fully fit for demands of specific sport

KEY:

circ. ex. Circulatory exercises
CKC Closed Kinetic Chain
CPM Continuous Passive Movement machine
E Extension
EC Elbow Crutches
EOR End of Range
F Flexion
Hams Hamstrings
OKC Open Kinetic Chain
PWB Partial Weight Bearing
PROM Passive Range of Movement
Quads Quadriceps
SLR Straight Leg Raises
SQ Static Quadriceps
VMO Vastus Medialis Oblique

References:

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