

# Microfracture/DeNovo Rehabilitation Protocol

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This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

REMEMBER: It can take up to a year to make a full recovery, and it is not unusual to have intermittent pains and aches during that time!

## PHASE I: WEEKS 1-2

### Goals

- Control pain and swelling
- ADL (activities of daily living)

### Guidelines

- NWB (non-weightbearing)
- Elevate to control swelling
- AROM hip and knee
- Sutures dissolved/removed 10 – 14 days
- ADL

## PHASE II: WEEKS 3-6

### Goals

- Normal gait

### Guidelines

- NWB for a total of 4-6 weeks <sup>\*\*\*</sup>(depending on discretion of surgeon)<sup>\*\*\*</sup>
- Strengthening
  - Hip – Against resistance in standing
  - Knee – Wall sits, squats as tolerated
  - Core – Activate abdominals
    - Bridging
    - Standing: upper extremity diagonals
    - Use core when on wobble board

## PHASE III: WEEKS 6-10

### Goals

- Full ROM (range of motion)
- Full strength and endurance
- Good proprioception

### Guidelines

- Wean from boot as tolerated
- Massage for edema
- AROM (active range of motion) in all directions:
  - NWB
  - WB ROM as tolerated
- Gait retraining
- Manual mobilization if required
- Strengthening
  - Ankle – Theraband resisted training in all directions
    - Progress to WB exercises as tolerated
    - Toe raises
    - Inversion/eversion on wobble board or fitter
- Proprioception retraining
- Dynamic training:
  - Hopping
  - Skipping
  - Running
- Progress to plyometrics

## PHASE IV: WEEKS 10+

### Goals

- Return to work +/- activity

### Guidelines

- Full activity as tolerated
- Work or sport specific retraining