

## Osteochondral Drilling /Chondroplasty/Microfracture Protocol

### Dr. Schaap

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Dressing change</li> <li>-Instructions in signs and symptoms of infection</li> <li>-Check for DVT</li> <li>-Issue HEP for quad sets, SLR, hip ab/adduction, patellar mobs, hip extension, heel slides and cryotherapy</li> <li>-CPM at home 0-90°(6-8 degrees/day x 4 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>-Independent in home exercise program</li> <li>-Fair quad set</li> <li>-Independent with SLR</li> <li>-Nonweight-bearing unless indicated in the postop report</li> <li>-Home electrical stimulation unit if needed</li> </ul>
Phase I (0-4 weeks)	<ul style="list-style-type: none"> <li>-Frequency = 1-2 times per week if needed to attain good quad set and see good progression of range of motion</li> <li>-Tabletop exercises if in the clinic and continued HEP at home</li> <li>-Can progress range of motion as tolerated to full</li> <li>-No weight-bearing initially</li> <li>-WBAT as tolerated at 4 weeks unless otherwise specified</li> </ul>	<ul style="list-style-type: none"> <li>-Good quad set</li> <li>-Full extension</li> <li>-Range of motion to 90°</li> </ul>
Phase II (4-12 weeks)	<ul style="list-style-type: none"> <li>-Frequency = 3x/ week</li> <li>-Progress weight-bearing activities as tolerated unless otherwise specified</li> <li>-Begin double legged plyometrics at 12 weeks, progressing to single leg as tolerated</li> </ul> <p>May begin jogging, swimming, biking as tolerated at 12 weeks</p>	<ul style="list-style-type: none"> <li>-Normal gait</li> <li>-Normal gait up/down stairs</li> <li>-Range of motion within normal limits</li> </ul>
Phase III (12-16 weeks)	<ul style="list-style-type: none"> <li>-Frequency = 1-2x/week</li> <li>-Progressed to full range of motion as tolerated</li> <li>-Progress all other strengthening, proprioception and plyometrics as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>-Return to sports/functional training at 12-16 weeks</li> </ul>
Phase IV (16-20 weeks)	<ul style="list-style-type: none"> <li>-Frequency prn</li> </ul>	<ul style="list-style-type: none"> <li>-Return to sports/functional activities per physician</li> </ul>

