

## Microfracture/Capsule Repair

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

	Phase I: Initial Exercise												
	1	2	3	4	5	6	7	9	13	17	21	25	
<p><b>Weight Bearing:</b> FFWB x _____ (Foot flat = 20 lbs.)</p> <p><b>CPM:</b> _____</p> <p><b>Bledsoe Brace:</b></p> <ul style="list-style-type: none"> <li>• 0 to 90 degrees for 10 days</li> <li>• Lie prone 1 to 2 hours a night</li> </ul> <p><b>ROM Limits:</b></p> <ul style="list-style-type: none"> <li>• Flex: 90 degrees 10 times a days</li> <li>• Ext: gentle 3 times a week</li> <li>• Abd: no limits</li> <li>• ER: gentle 3 times a week</li> <li>• IR: no limits</li> </ul> <p><b>Modalities:</b></p> <ul style="list-style-type: none"> <li>• Begin scar mobilization day 1, massage, active release technique.</li> <li>• E-stim as needed starting week 3.</li> </ul> <p><b>Time Lines:</b> Week 1 (1-7POD)</p>	Ankle Pumps	•	•										
	Gluteal, quad, HS, T-ab isometrics	•	•										
	Stationary biking with minimal resistance	•	•	•	•	•	•						
	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•	•	•	•	•						
	Quadriped rocking		•	•									
	Standing hip IR (stool)		•	•									
	Heel slides		•	•									
	Hip abd isometrics		•	•									
	Uninvolved knee to chest		•	•	•	•							
	Prone IR/ER (resisted)		•	•	•	•							
	Two-way leg raises (abd, ext)			•	•	•	•						
	Water jogging			•	•	•	•						
	Double leg bridges with tubing			•	•	•	•						
	Kneeling hip flexor stretch				•	•	•	•					
	Leg press (limited weight)					•	•	•					
	Short lever hip flexion					•	•	•					
	Phase II: Intermediate Exercise												
1	2	3	4	5	6	7	9	13	17	21	25		
Double 1/3 knee bends							•						
Side supports							•						
Stationary biking with resistance/ outdoor biking							•						
Swimming							•						
Manual long axis distraction							•						
Manual A/P mobilizations							•						
Dyna-disc (single leg stance)							•						
Advanced bridging (single leg, swiss ball)							•						

<b>Phase II: Intermediate Exercise (continued)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Single leg cord rotation								•	•			
Pilates skaters								•	•			
Side stepping								•	•			
Single knee bends (lateral step downs)								•	•			
Elliptical/stairclimber								•	•			
<b>Phase III: Advanced Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Lunges									•			
Water bounding/plyometrics									•			
Side to side lateral agility									•			
Forward/backward running with cord									•			
Running progression									•			
Initial agility drills									•			
<b>Phase IV: Sports Specific Training</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>9</b>	<b>13</b>	<b>17</b>	<b>21</b>	<b>25</b>
Z-Cuts/W-Cuts										•	•	•
Cariocas/Ghiardelli's										•	•	•
Sports specific drills										•	•	•
Functional testing										•	•	•