

**Microfracture and/or OAT procedure**  
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**Central Kansas  
Orthopedic Group**  
SURGICAL SPECIALISTS & PHYSICAL THERAPY

**Weeks 1-2:**

Weight Bearing:	Non-Weight Bearing or per Physicians' orders
Modalities:	Russian Stimulation & Pain/Edema management
Stretching:	Hamstring, IT Band, Gastroc-Soleus
Strengthening:	<ol style="list-style-type: none"><li>1. Quad Sets</li><li>2. Straight Leg Raises (no extension lag)</li><li>3. Hip Isotonics (abduction, extension)</li><li>4. Ankle Pumps or resisted ther-a-band</li><li>5. Ball ROM (CPM type movements)</li><li>6. Prone Hangs and/or sustained knee extension stretches</li></ol>
Range of Motion:	0-110 degrees, brace removed for PT and HEP only

**Weeks 3-4:**

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Weight Bearing:	Toe Touch Weight Bearing or per Physicians' orders
Modalities:	Russian Stimulation and/or biofeedback if quadriceps tone is poor
Stretching:	Same as above
Strengthening:	<ol style="list-style-type: none"><li>1. Ball ROM/extension stretching (contact physician if ROM is difficult)</li><li>2. Continue hip isotonics, SLR's with biofeedback, etc</li></ol>
Range of Motion:	0 – 135 degrees

**Weeks 5-6:**

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Weight Bearing:	25-50% weight bearing or per Physicians' orders
Modalities:	As needed
Stretching:	Continues as needed, should be equal bilaterally at this time
Strengthening:	<ol style="list-style-type: none"><li>1. Low Level Total Gym Squats (caution with WB)</li><li>2. Continue with above exercises</li></ol>
Range of Motion:	Full, equal bilaterally

**Weeks 7-8:**

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Weight Bearing: WBAT and progress to full, non-antalgic gait pattern

Strengthening:

1. Hamstring Curls
2. Leg Press or upper level total gym (uni/bilaterally)
3. Squats (gluteal involvement)
4. Weight shifts, Ball Bridges

Cardiovascular:

1. UBC with equal weight bearing in standing
2. Aquatic Program

Range of Motion: Equal Bilaterally in flexion and extension

**Weeks 9-12:**

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Strengthening:

1. Dynamic Warmup
2. Eccentric Quadriceps activities
3. Squats with proper technique
4. Resisted walking
5. Wall Sits
6. Single leg balance, proprioception

Cardiovascular:

1. Bike – 20-30 min/day
2. Aquatic Program
3. UBC
4. Elliptical, Stair Climber
5. Walking

**4 Months:**

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Strengthening:

1. Progress dynamic stability, balance
2. Lunges, squats, wall sits
3. Single leg squats, balance,

Cardiovascular: Same as Above

**5 Months:**

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Strengthening:

1. Upper level balance, proprioception, core strengthening

**6 Months:**

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Strengthening: Same as Above

**7-12 Months:**

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Strengthening: 1 Sports Specific training, agility, power, skills. Running Rehab

2. Release to full sports per Physicians' orders when:

Full sports if passed functional strength test at 95% or better:

- A. Single Hop Test
- B. 3 Hop Test
- C. 3 Hop Crossover Test
- 4. Single Leg Balance and Reach Test