

MICROFRACTURE OR ABRASION ARTHROPLASTY

General Considerations:

- A brief period of immobilization may be necessary
- Ice, elevation, and NSAIDs for pain and edema control

General Protocol

- Weight bearing is significantly restricted for 4-6 weeks to allow cartilage regeneration
- NWB x 4-8 weeks depending on location of chondral defect
- CPM use x 6-8 weeks per MD – 4-8 hours per day
- FWB ambulation by 8-12 weeks
- Avoid open chain exercise until FWB status or if trochlear/patellar lesion
- Quad/Hamstring – isometrics, include SLR
- PNF – ankle, hip
- Emphasize PROM x 3-4 weeks
- Closed chain exercises are restricted for longer than lateral release as FWB closed chain exercise may not be allowed for 6-12 weeks
- All activities causing compression, crepitus and pain should be avoided
- No repetitive impact activity x 20-24 weeks