

PTO/Microfracture: Femoral Condyle / Tibial Plateau



Name: _____

Dr: Benjamin Petre, MD

Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●							
Flexion/Extension – seated	●	●	●	●	●	●	●	●							
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Extension mobilization	●	●	●	●	●	●	●	●							
Quad series	●	●	●	●	●	●	●	●							
Hamstring sets	●	●	●	●	●	●	●	●							
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●							
Ankle pumps	●	●	●	●	●	●	●	●	●						
Toe and heel raises										●	●	●			
Balance series										●	●	●	●	●	
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Bike/Rowing with well leg	●	●	●	●	●	●	●	●							
Bike with both legs – no resistance			●	●	●	●	●	●	●						
Bike with both legs - resistance									●	●	●	●	●	●	
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●	
Treadmill – walking 7% incline										●	●	●	●	●	
Swimming with fins										●	●	●	●	●	
Elliptical trainer											●	●	●	●	
Rowing											●	●	●	●	
Stair stepper												●	●	●	
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Double knee bends										●	●	●	●		
Double leg bridges										●	●				
Reverse lunge – static hold										●	●	●			
Beginning cord exercises										●	●	●			
Balance squats												●	●		
Single leg deadlift												●	●	●	
Leg press												●	●	●	
Sports Test exercises													●	●	
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running progression														●	●
Initial – single plane														●	●
Advance – multi directional															●
Functional sports test															●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf														●	●
Outdoor biking, hiking, snowshoeing														●	●
Skiing, basketball, tennis, football, soccer															●

ROM RESTRICTIONS

Full passive motion

CPM 8hrs/day x 6-8 weeks

BRACE SETTINGS

None

Weight Bearing status

Toe touch weight bearing x 6-8 weeks

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)