

Microfracture/Capsule Repair

Name: _____ Date: ____/____/____

	Phase I: Initial Exercise	1	2	3	4	5	6	7	9	13	17	21	25
	Weight Bearing: FFWB x _____ (Foot flat = 20 lbs.)	Ankle Pumps	•	•									
	Gluteal, quad, HS, T-ab isometrics	•	•										
CPM: _____	Stationary biking with minimal resistance	•	•	•	•	•	•						
Bledsoe Brace: • 0 to 90 degrees for 10 days • Lie prone 1 to 2 hours a night	Passive ROM (emphasize IR and circumduction)	•	•	•	•	•	•						
	Piriformus stretch	•	•										
	Passive supine hip roll (IR)	•	•										
	Water walking	•	•	•	•	•	•						
ROM Limits: • Flex: 90 degrees 10 times a days • Ext: gentle 3 times a week • Abd: no limits • ER: gentle 3 times a week • IR: no limits	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			•	•	•	•						
Modalities: • Begin scar mobilization day 1, massage, active release technique. • E-stim as needed starting week 3.	Double leg bridges with tubing			•	•	•	•						
	Kneeling hip flexor stretch				•	•	•	•					
	Leg press (limited weight)					•	•	•					
	Short lever hip flexion					•	•	•					
Time Lines: Week 1 (1-7POD)	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)								•				

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