

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

MICROFRACTURE OF KNEE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p Knee Microfracture -- (MFC / LFC / MTP / LTP)

Modalities:

Ice / Massage / Anti-Inflammatory Modalities

Ambulate NWB / TTWB / PWB / FWB

Range of Motion: Active / Active-Assisted / Passive

Home CPM 1-2 hrs / session, TID for 6 weeks

Quadriceps and Hamstring stretching

Gradual Progression of Resistance Exercises in Flexed Knee

Quadriceps Strengthening

V.M.O. Strengthening

Full Arc 0° - 30° Arc

Hamstring Strengthening

Iliotibial Band Stretching /Strengthening

Adductor / Abductor Stretching / Strengthening

Begin Straight Leg Raises (Knee at 0°)

Quad Isometrics

Bike Stairclimber

Achilles Tendon Stretching

Medial Patella Glides

Electrical Stimulation for Quadriceps

Hydrotherapy