



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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ARTHROSCOPIC Microfracture and HIGHT TIBIAL OSTEOTOMY

www.drfaucett.com

Name: Paul Wittrock

Date: _____

ROM RESTRICTIONS
0-90 x 2 weeks, then progress as tolerated

BRACE SETTINGS
Immobilizer x 6 weeks

Weight Bearing status
NWB x 6 weeks

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

●= Do exercise for that week	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises														
Flexion/Extension – prone with brace	●	●	●	●	●	●	●	●						
Flexion/Ext – seated/calf assisted	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization (no hyperext)	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Crutch weaning							●	●	●					
Toe and heel raises								●	●	●	●	●		
Balance series								●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike with both legs – no resistance							●	●	●					
Bike with both legs - resistance								●	●	●	●	●	●	●
Aquajogging						●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline									●	●	●	●	●	●
Swimming with fins – light flutter kick									●	●	●	●	●	●
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 holds											●	●		
Beginning cord exercises											●	●		
Balance squats											●	●	●	●
Single leg deadlift												●	●	●
Leg press (max. knee flexion 70°)												●	●	●
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 progression													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, soccer														●

Signature: Scott C. Faucett

*Avoid posterior tibial sag, avoid tibial external rotation x 4 months.
*Hold open chain hamstring exercise x 4 months.