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**Patient Name:**

**Date:**

**Date of Surgery:**

**Knee Rehabilitation/ Microfracture:**

- Ice / Massage / Anti-Inflammatory Modalities
- Ambulate NWB / TTWB / PWB / FWB in Bledsoe Brace locked @ 0°
- Limit ROM to \_\_\_\_\_° for \_\_\_\_\_ weeks
- 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
- \_\_\_ Exercise Bike      \_\_\_ Stairclimber      \_\_\_ Cybex
- Achilles Tendon Stretching
- Medial Patella Glides
- Electrical Stimulation for Quadriceps
- Hydrotherapy

**PT 2x/week for 4 weeks**

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**