

# Microfracture Surgery

## Information for Patients



**This leaflet has been written to give you the right information about microfracture surgery and what you can do to help with your recovery.**

The following information and advice have been written in line with the physiotherapy and surgical teams at James Paget University Hospital.

If you have had your surgery at another hospital or you were given specific instructions that are different to the information below, you should consult your surgeon or physiotherapist before undertaking any of the exercises/advice.

### What is microfracture surgery?

Microfracture surgery is sometimes offered for cartilage injury. It is typically completely via keyhole surgery and involves very small holes being drilled into the bone that has been exposed due to the cartilage injury. The surgery aims to make the bone bleed a little to stimulate the body to form a clot. Over time, and with careful rehabilitation, this clot will change and form a structure similar to the surrounding cartilage.

### What should I expect after my surgery?

**Pain:** Microfracture surgery is an operation and will likely be painful. The pain from your operation is likely to be with you for some time, possibly weeks or months, but this is normal and to be expected.

**Limited movement of the knee:** It is very normal to find that your knee doesn't move fully after your operation. In fact, the brace you will have been issued with will be designed to limit how far you can move your knee, this is to ensure the clot that is forming inside your knee is given the chance to heal properly.

**Swelling:** After your operation your knee will be swollen. The swelling will often hang around for some time, maybe weeks into months.

### What can I do to help myself?

**Rehabilitation:** Rehabilitation is really key to a successful recovery. Your rehabilitation will take some time and will require patience and perseverance but if done correctly, you will likely achieve the best possible result.

The rehabilitation will be completed in phases or stages which means there will be certain things you should/shouldn't do in the early stages but might be able to more of as time passes.

**Be kind to yourself:** You have just had a considerable joint operation which is a significant thing to ask your knee to undergo. Your body is amazing and can sort most issues out by itself, but the pain and difficulties can make you feel vulnerable, drained and sometimes a bit lost. By working alongside your physiotherapist and by being patient with yourself and your knee, you will give it the best possible chance to improve.

### **I've been given crutches, what do I do with them?**

If you have been given crutches after your operation, you can find instructions on how to use them on our website.

**Search online:** [Norfolk and Waveney MSK services](#) 'walking aids'

### **Will it get better?**

For most people, knee surgery may not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about microfracture surgery or find a greater choice of exercises, you can explore our dedicated webpage.

**Search for:** [Norfolk and Waveney MSK services](#) 'microfracture surgery'

# Exercises



In the first stage of your rehabilitation, you only need to complete the above exercise.

In sitting, swing your knee gently forwards and backwards.

Complete little and often throughout the day.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

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