

Microfracture – Femoral Condyle Rehabilitation Protocol

	<u>WEIGHT BEARING</u>	<u>ROM</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-6 WEEKS)	Touchdown weight bearing (20-30%) for the first 4-6 weeks.	Use of a CPM for 4-6 hours/day – set at a rate of 1 cycle/minute, advancing 10° daily – begin at 30° of flexion. Advance to 120° flexion as tolerated then discontinue.	Passive stretching/exercise for the first 6-8 weeks, quad/hamstring isometrics.
PHASE II (6-8 WEEKS)	Full weight bearing	Full and pain-free	Progressive active strengthening
PHASE III (8-12 WEEKS)	Full weight bearing	Full and pain-free	Continue stretch and strengthen with open chain advance to closed chain. Return to full activities, including cutting, turning, and jumping after 12 weeks.