

**Microfracture – Trochlear/Patellar Defect
Rehabilitation protocol**

	<u>WEIGHT BEARING</u>	<u>RANGE OF MOTION</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	Weight bearing as tolerated	Use of a CPM 4-6 hours/day – begin at a rate of 1 cycle/minute, 0-45°. Use for 4 weeks.	Passive stretching/exercise for the first 4 weeks, quad/hamstring isometrics, PROM, AAROM 0-60°.
PHASE II (4-8 WEEKS)	Full weight bearing	Gain full and pain-free at 6-8 weeks.	Begin closed chain activities, emphasizing a patellofemoral program.
PHASE III (8-12 WEEKS)	Full weight bearing	Full range of motion	Return to full activities, including cutting, turning, and jumping at 12 weeks.