



## **Microfracture Femoral Condyle Rehabilitation Protocol**

### **Phase I: Weeks 0-6**

- Non Weight Bearing
- ROM:
  - Goal is symmetric extension (including hyperextension)
  - CPM usage 6hr/day. Begin 0-40° and advance 5-10° daily as tolerated
- Exercises
  - Weeks 0-2 Quad sets, patellar mobs, SLR, ,Ankle pumps, heel props, calf stretching
  - Weeks 2-6 PROM/AAROM to tolerance, above exercises with addition of glute sets, side lying hip and core.

### **Phase II: Weeks 6-8**

- Weight Bearing: Advance 25% weekly until full
- ROM:
  - Maintain symmetric extension
  - Full AROM
- Exercises:
  - Advance Phase I exercises

### **Phase III: Weeks 8-12**

- Maintain full ROM
- Exercises:
  - Gait training
  - Begin closed chain exercises
  - Proprioception exercise/balance training
  - Maintain core/glute/hip strength

### **Phase IV: 12 weeks - 6 mo.**

- Exercises:
  - Progress Phase III exercises and advance functional activities
  - Continue to maintain core/hip/glute strength
  - Begin eccentric hamstring exercise

- Stationary bike, elliptical, pool as tolerated

**Phase V: 6-12 mo.**

- Advance functional activities
- Sport-specific drills and running/jumping AFTER MD CLEARANCE