

Microfracture – Femoral Condyle Rehabilitation Protocol

	Weight Bearing	Range of Motion	Brace/Sling	Therapeutic Exercise
Phase 1 0-4 weeks	NWB for 4 weeks	Use of CPM for 6-8 hours/day – set at rate of 1 cycle/minute, advancing 10 degs. daily – begin at a level of flexion that is comfortable for the patient – advance to full flexion as tolerated. Stop CPM at 4 weeks.	None	Passive stretching & exercise for the first 8 weeks, quad/hamstring isometrics. Quad Sets, Straight leg raises, short arc extensions,
4-8 weeks	Advance weight bearing by 25% of body weight per week			
Phase 2 8-12 weeks	Full	Gain full and pain-free ROM	None	Progressive active strengthening
Phase 3 12 weeks and beyond	Full	Full and pain-free	None	Return to full activities, including cutting, turning, and jumping