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## **Rehabilitation Protocol: Microfracture of the Femoral Condyle**

Name:	Date:
Diagnosis:	Date of Surgery:
Phase I (Weeks 0-8)  • Weightbearing: Touch Required	down weightbearing (20-30% of body weight max) for 6-8 weeks – No Bracing
<ul> <li>Range of Motion – Cor</li> <li>Set CPM to 1 cy</li> <li>Advance 10° pe</li> </ul>	ntinuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks cle per minute – starting at level of flexion that is comfortable or day until full flexion is achieved of Motion and stretching under guidance of PT
• Therapeutic Exercises	
• Range of Motion – Adv	ce to full weightbearingas tolerated discontinue crutch use vance to full/painless ROM
<ul><li>Hamstring curls</li><li>Toe raises</li></ul>	tension exercises s
<ul><li>Balance exercis</li><li>Begin use of the</li></ul>	es stationary bicycle/elliptical
Phase III (Months 3-6)  • Weightbearing: Full v  • Range of Motion – Full  • Therapeutic Exercises  • Advance closed  • Sport-specific r	l/Painless ROM s chain strengthening exercises, proprioception activities
	tic activity as tolerated – including jumping/cutting/pivoting sports for strength and endurance
Comments:	
Frequency: times per w	veek Duration: weeks
Signature:	Date