



# GOLDEN STATE ORTHOPEDICS & SPINE

## Rehabilitation Protocol: Microfracture of the Femoral Condyle

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-8)**

- **Weightbearing:** Touchdown weightbearing (20-30% of body weight max) for 6-8 weeks – No Bracing Required
- **Range of Motion** – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
  - Set CPM to 1 cycle per minute – starting at level of flexion that is comfortable
  - Advance 10° per day until full flexion is achieved
  - Passive Range of Motion and stretching under guidance of PT
- **Therapeutic Exercises**
  - Quadriceps/Hamstring isometrics
  - Heel slides

**Phase II (Weeks 8-12)**

- **Weightbearing:** Advance to full weightbearing as tolerated -- discontinue crutch use
- **Range of Motion** – Advance to full/painless ROM
- **Therapeutic Exercises**
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Begin use of the stationary bicycle/elliptical

**Phase III (Months 3-6)**

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated – including jumping/cutting/pivoting sports
- Maintenance program for strength and endurance

Comments:

Frequency: \_\_\_\_ times per week

Duration: \_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_