



Kevin B. Freedman, M.D.

Sports Medicine
 825 Old Lancaster Rd, Suite 200
 Bryn Mawr, PA 19010-3470
 Phone: (800) 321-9999
 Fax: (267) 479-1321

MICROFRACTURE - FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Touchdown weight bearing (20-30%) for the first 6 weeks.	None	Use of a CPM for 6-8 hours/day - set at a rate of 1 cycle/minute, advancing 10 ° daily - begin at a level of flexion that is comfortable for the patient - advance to full flexion as tolerated	Passive stretching/exercise for the first 6 - 8 weeks, quad/hamstring isometrics
PHASE II 6 - 12 weeks	Gradual return to full weight bearing	None	Gain full and pain-free	Progressive active strengthening
PHASE III 12 weeks and beyond	Full	None	Full and pain-free	Return to full activities, including cutting, turning, and jumping