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
    o Set CPM to 1 cycle per minute – starting at level of flexion that is comfortable
    o Advance 10° per day until full flexion is achieved
    o Passive Range of Motion and stretching under guidance of PT
  • Therapeutic Exercises
    o Quadriiceps/Hamstring isometrics
    o 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
    o Closed chain extension exercises
    o Hamstring curls
    o Toe raises
    o Balance exercises
    o Begin use of the stationary bicycle/elliptical

☐ Phase III (Months 3-6)
  • Weightbearing: Full weightbearing
  • Range of Motion – Full/Painless ROM
  • Therapeutic Exercises
    o Advance closed chain strengthening exercises, proprioception activities
    o 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: ________________