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**MICROFRACTURE - FEMORAL CONDYLE  
REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 6 weeks</b>	non-weight bearing	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	<b>Passive</b> stretching/exercise 6 - 8 weeks, quad/hamstring isometrics
<b>PHASE II 6 - 12 weeks</b>	Gradual return to full weight bearing	None	Gain full and pain-free motion	Progressive active strengthening
<b>PHASE III 12 weeks and beyond</b>	Full	None	Full and pain-free	Return to full activities, including cutting, turning, and jumping

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