

REHABILITATION PROTOCOL: ARTHROSCOPIC KNEE MICROFRACTURE OF THE FEMORAL CONDYLE

□ Phase 1 (Weeks 0-8)

- Weight bearing: Touchdown weight bearing (20-30%) for 6-8 weeks
- No brace
- Range of motion
 - Continuous passive motion (CPM) 6-8 hours/day for 6-8 weeks
 - Set to 1 cycle per minute and start at level of flexion that is comfortable
 - Advance 10° per day until full flexion achieved
 - Passive range of motion and stretching under guidance of PT
- Therapeutic exercises
 - Quad and hamstring isometrics
 - Heel slides

□ Phase 2 (Weeks 8-12)

- Weight bearing: Advance to full weight bearing 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 stationary bicycle/elliptical

□ Phase 3 (Months 3-6)

- Weight bearing: Full
- Range of motion: Full
- 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