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