Rehabilitation Protocol: arthroscopic knee microfracture of the patella / trochlea

⁮ **Phase 1 (Weeks 0-8)**

* Weight bearing: Touchdown weight bearing (20-30%) for 6-8 weeks
* Brace: Locked at 0-20° while weight bearing
* 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