



Rehabilitation Protocol: Microfracture (Femoral Condyle)

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 -2 weeks	Non-weight bearing (NWB) with crutches.	None.	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs / day as tolerated.	Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Modalities: ice, stim.
2-6 weeks	Touch-down (TDWB) with crutches.	None.	Goal: full active extension by 2 wks, 120 degs passive flexion by 4wks.	
6-8 weeks	50% partial weight (PWB) with crutches.	None.		
PHASE II 8-12 weeks	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Closed chain strengthening exercise. Balance exercises.
PHASE III 3-6 months	FWB.	None.	Full.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 6-12 months	FWB.	None.	Full.	May begin a progressive running and agility program. Consider return to high impact sports.

LOCATIONS

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