



## Rehabilitation Protocol: Microfracture (Patello-Femoral)

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
<b>PHASE I</b> 0 -6 weeks	Weight bearing as tolerated (WBAT) with crutches.	Locked 0-40 degs for WB.	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs / day as tolerated.	PROM. Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Modalities: ice, stim.
6-8 weeks	50% Partial weight bearing (PWB) with crutches.	None.	Goal: full active extension by 2 wks, 90 degs passive flexion by 4wks., 120 degs by 6 wks.	
<b>PHASE II</b> 8-12 weeks	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Closed chain strengthening exercise. Balance exercises. Patello-femoral program.
<b>PHASE III</b> 3-6 months	FWB.	None.	Full.	Begin open chain strengthening. No seated leg extensions. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE IV</b> 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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