



James S. Kercher, M.D.  
Sports Medicine, Shoulder &  
Knee Surgery, Cartilage Restoration

## **Rehabilitation Protocol: Microfracture of the Femoral Condyle**

### **Phase I (Weeks 0-8)**

- Weightbearing: Touchdown weightbearing (20-30% of body weight max) for 6-8 weeks \_No Bracing Required
- Range of Motion \_Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
  - + Set CPM to 1 cycle per minute \_starting at level of flexion that is comfortable
  - + Advance 100 per day until full flexion is achieved
  - + Passive Range of Motion and stretching under guidance of PT
- Therapeutic Exercises
  - + Quadriceps/Hamstring isometrics
  - + Heel slides

### **Phase II (Weeks 8-12)**

- Weightbearing: Advance to full weightbearing 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 the stationary bicycle/elliptical

### **Phase III (Months 3-6)**

- Weightbearing: Full weightbearing
- Range of Motion \_Full/Painless ROM
- 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