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Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

Phase I (Weeks 0-8)

- Weightbearing: Weightbearing as tolerated in hinged knee brace locked in extension
- Hinged Knee Brace: Locked in extension for ambulation –opened up 0-40° for ROM exercises
- 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 –range from 0-40
 - + Passive Range of Motion and stretching under guidance of PT
- Therapeutic Exercises
 - + Quadriceps/Hamstring isometrics

Phase II (Weeks 8-12)

- Weightbearing: Advance to full weightbearing as tolerated –discontinue crutch use
- Discontinue Use of Hinged Knee Brace
- Range of Motion –Advance to full/painless ROM (PROM/MROM/AROM)
- Therapeutic Exercises
 - + Emphasize Patellofemoral Program
 - + 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/cuffing/pivoting sports
 - + Maintenance program for strength and endurance