

## Microfracture of Femoral Condyle Rehab Protocol

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ DOS: \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

### Phase 1 (0-6 weeks)

- Goals: Control swelling, restore neuromuscular communication loops, prevent kinesiphobia; gait training
- Modalities: Compressive cyrotherapy, e-stimulation
- Weightbearing: Non-weightbearing
- Brace:
  - Locked in full extension at all times initial 48 hours (2 days).
  - ROM opened 0-90° from day-2 through 4 weeks
  - ROM opened to full, 0-120° weeks 4-6.
- ROM:
  - First priority is to focus on regaining terminal extension.
  - Advance knee flexion ROM 5-10° daily as tolerated with goal of 90° within 2-3 weeks.
- Exercises:
  - 0-2wks: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home
  - 2-6wks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core

### Phase 2 (6-8 weeks)

- Weightbearing: Advance 25% weekly until full weightbearing. Instruct patient to recognize maladaptive gait.
- Brace: Begin to wean from brace after 6 weeks. Advocate to continue in uncontrolled settings or adverse weather.
- ROM: Full
- Exercises: Advance phase 1 exercises. Progress weightbearing flexibility, begin toe raises and closed chain quad work. Begin floor-based core and gluteal work, balance exercises, hamstring curls and stationary bike

### Phase 3 (8-12 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises. Begin unilateral stance activities, balance training.

### Phase 4 (12wks – 6mo)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress phase 3 exercises: maximize core/glutes, pelvic stability work, eccentric hamstrings. May advance to elliptical, bike, pool as tolerated.

### Phase 5 (6-12 months)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Advance functional activity. Return to sport-specific activity and impact when cleared by MD after 8mo.