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MICROFRACTURE – FEMORAL CONDYLE REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0-6 weeks	Touchdown weight bearing (20-30%) for the first 6 weeks	None	Use of a CPM for 6-8 hours/day – set at rate of 1 cycle/minute, advancing 10° daily. Begin at level of flexion that is comfortable for the patient – advance to full flexion as tolerated	Passive stretching/exercise for the first 6-8 weeks, quad/hamstring isometrics
PHASE II 6-12 weeks	Gradual return to full weight bearing	None	Gain full and pain-free	Progressive active strengthening
PHASE III 12 weeks and beyond	Full	None	Full and pain-free	Return to full activities, including cutting, turning and jumping