

Knee Microfracture Rehabilitation Protocol

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PHASE I (0 - 8 weeks)

- Weight bearing only with brace locked in full extension, crutches for assistance with ambulation
- Range of motion exercises to achieve full knee extension
- Use of a CPM for 6-8 hours/day begin at a 0-30 degrees –advance 10 degrees/day for a goal of 0-90 degrees by two weeks post op
- No flexion past 90 degrees until after 2 weeks
- Prone leg hangs three times daily
- Passive stretching
- Spinning on exercise bike with no resistance allowed at 2 weeks
- Isometric quadriceps and hamstring strengthening*

*If microfracture of patella or femur trochlea no quadriceps strengthening

PHASE II (8-12 weeks)

- Gradual return to full weight bearing with the brace off
- Goal of full and pain free ROM
- Increase quadriceps and hamstring strengthening as tolerates

PHASE III (12+ weeks)

- Full Weight Bearing
- Physical Therapy guided return to full activities as tolerates

RETURN TO SPORT CRITERIA

1. No pain after impact activities
2. No effusion
3. Full ROM
4. Leg has 90% strength and proprioceptive ability of non-injured leg



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