

# Post-Operative Rehabilitation Guidelines for Femoral Condyle Microfracture - Rehab Protocol

## **0-2 Weeks:**

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets, Patellar mobilization
- Ankle Pumps

## **2-6 Weeks:**

- Advance to partial WBAT by 4-6wks.
- D/C crutches when gait normalized
- Begin Active ROM as tolerated.
- SLR, Closed Chain Quad Strengthening

## **8-12 Weeks:**

- Advance to full WBAT by 6-8 wks
- Progressive Strengthening
- Begin stationary bike

## **12 Weeks:**

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

## **16 Weeks:**

- Return to all activities including cutting/pivoting sports