

**Patrick C. McCulloch, M.D.**  
**Houston Methodist Orthopedics & Sports Medicine**  
**O: 713.441.3667**  
**F: 713.790.2058**

Rehabilitation Protocol:

**Microfracture (Femoral Condyle)**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 - 2 weeks</b>	Non-weight bearing (NWB) with crutches.	None.	CPM: 6-8 hrs / day. Start -5 to 45°. Increase 5-10° per day as tolerated.  Goal: full active extension by 2 weeks, 120° passive flexion by 4weeks.	Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Start BFR.  Modalities: ice, stim.
<b>2 - 6 weeks</b>	Touch-down (TDWB) with crutches.	None.		
<b>6 - 8 weeks</b>	50% WB x 1 weeks, then advance to FWB as tolerated, then wean crutches.	None.		
<b>PHASE II</b> <b>8 - 12 weeks</b>	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Closed chain strengthening exercise. Balance exercises.
<b>PHASE III</b> <b>3 - 6 months</b>	FWB.	None.	Full.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE IV</b> <b>6 - 12 months</b>	FWB.	None.	Full.	May begin a progressive running and agility program.  Consider return to high impact sports.