

Rehabilitation Protocol: **Microfracture (Patello-Femoral)**

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 - 6 weeks	Weight bearing as tolerated (WBAT) with crutches.	Locked 0-40° for WB.	CPM: 6-8 hours per day. Start -5 to 45°. Increase 5-10° per day as tolerated.	PROM. Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Start BFR
6 - 8 weeks	FWB.	None.	Goal: full active extension by 2 weeks, 90° passive flexion by 4 weeks, 120° by 6 weeks.	Modalities: ice, stim.
PHASE II 8 - 12 weeks	Full weight (FWB) with normal gait.	None.	Full A/PROM.	Closed chain strengthening exercise. Balance exercises. Patello-femoral program.
PHASE III 3 - 6 months	FWB.	None.	Full.	Begin open chain strengthening. No seated leg extensions. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE IV 6 - 12 months	FWB.	None.	Full.	May begin a progressive running and agility program. Consider return to high impact sports.