

Arthroscopic MicroFracture Surgery Rehabilitation Protocol Femoral Defects

Phase I:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
0-6 weeks	Tow Touch weight bearing with crutches Week six partial weight bearing (20-30%)	None	CPM 6-8 hours/day: begin at 1 cycle/minute: begin at comfortable level and advance 10° a day to full flexion as tolerated	Passive stretching Quad and hamstring isometrics SLR, SAQ Bike without resistance at week 2

Phase II:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
6-16 weeks	Progressive weight bearing to full as tolerated	None	Full ROM CPM discontinued at 8 weeks	Progressive active strengthening Bike No impact exercises

Phase III:

	Weight Bearing	Brace	ROM	Therapeutic Exercises
16 weeks and beyond	Full	None	Full and pain free	4 months: jog if no pain/swelling 5 months: plyometrics 5-6 months: cut and jump 6 months: sport specific exercises and functional progression 6-8 months: gradual return to high impact