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Name: _____ **Date:** _____
Diagnosis: _____ **Date of Surgery:** _____

Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

Phase I (Weeks 0-8)

Weightbearing: Weightbearing as tolerated in hinged knee brace locked in extension

Hinged Knee Brace: Locked in extension for ambulation – opened up 0-40° for ROM exercises

Range of Motion – Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks

- Set CPM to 1 cycle per minute – range from 0-40°
- Passive Range of Motion and stretching under guidance of PT

Therapeutic Exercises

- Quadriceps/Hamstring isometrics

Phase II (Weeks 8-12)

Weightbearing: Advance to full weightbearing as tolerated -- discontinue crutch use

Discontinue Use of Hinged Knee Brace

Range of Motion – Advance to full/painless ROM (PROM/AAROM/AROM)

Therapeutic Exercises

- Emphasize Patellofemoral Program
- Closed chain extension exercises
- Hamstring curls
- Toe raises
- Balance exercises
- Begin use of the stationary bicycle/elliptical

Phase III (Months 3-6)

Weightbearing: Full weightbearing

Range of Motion – Full/Painless ROM

Therapeutic Exercises

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- Advance closed chain strengthening exercises, proprioception activities
 - Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated – including jumping/cutting/pivoting sports
Maintenance program for strength and endurance