

PHYSICAL THERAPY PROTOCOL: Microfracture/Bi cartilage of Femoral Condyle

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-6 Weeks Post-Op

Weight Bearing:

- Non-weightbearing

Brace:

- 0-2 weeks: Locked in full extension at all times
- Off for CPM and exercises only
- d/c after 2 weeks

Range of Motion:

- 0-6 weeks: Use CPM for 6 hours/day
 - o begin at 0 to 40 degrees
 - o advance 5 to 10 degrees daily as tolerated

Exercises:

- 0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90 degrees at home
- 2-6 weeks: PROM/AAROM as tolerated for patella and tibiofibular joint mobilization, quad, hamstring, and glute sets, SLR, side lying hip and core

Phase 2 → 6-8 Weeks Post-Op

Weight Bearing:

- Advance 25% weekly until full
- Full ROM

Exercise:

- Advance Phase 1 exercises

Phase 3 → 8-12 Weeks Post-Op

- Full weight bearing/as tolerated
- Full range of motion
- Gait training, begin closed chain activities: wall sits, shuttle, mini squats, toe raises
- Begin unilateral stance activities, balance training

Phase 4 → 12 Weeks-6 Months Post-Op

- Advance Phase 3 exercises; max core/glutes, pelvic stability, eccentric hamstrings
- May advance to elliptical, bike, pool as tolerated

Phase 5 → 6-12 Months Post-Op

- Advance functional activity
- Return to sport-specific activity and impact when cleared by Dr Makhni after 8 months