

## Rehabilitation Guidelines for Femoral Condyle Microfracture

Weeks 0-2
<ul style="list-style-type: none"><li>• Strict TDWB with crutches</li><li>• Brace locked in full extension</li><li>• Quad sets, Patellar mobilization</li><li>• Ankle Pumps</li></ul>
Weeks 2-6
<ul style="list-style-type: none"><li>• Advance to full WBAT by 4-6wks.</li><li>• D/C crutches when gait normalized</li><li>• Begin Active ROM as tolerated.</li><li>• SLR, Closed Chain Quad Strengthening</li></ul>
Weeks 8-12
<ul style="list-style-type: none"><li>• Progressive Strengthening</li><li>• Begin stationary bike</li></ul>
Weeks 12+
<ul style="list-style-type: none"><li>• Begin jogging and advance to running</li><li>• Progressive Active strengthening</li><li>• Begin sports specific exercises</li><li>• Return to all activities including cutting/pivoting sports at 16 weeks</li></ul>