



FEMORAL CONDYLE MICROFRACTURE PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- Strict toe touch weight bearing with crutches
- CPM machine 6-8 hours per day WITHOUT BRACE; start 30-50 degrees and advance 5 degrees per direction per day with goal of at least 90 degrees by end of week 2
- PROM → AAROM → AROM as tolerated
- Quad sets, patellar mobs, ankle pumps

____ Weeks 2-6:

- Strict toe touch weight bearing with crutches as before
- CPM machine as above (6-8h/day) but increase up to max flex/extension as tolerated
- Focus on regaining full extension; goal ROM 0-140 degrees in PROM and progress to AROM

____ Weeks 6-8:

- Advance to full WBAT over 1-2 weeks and d/c crutches when gait normalizes
- Begin AROM without restriction; straight leg raises, closed chain quad exercises
- Normalize gait pattern; bike exercises

____ Weeks 8-12

- Mini-squats, weight shifts, initiate step up/down program
- Advance closed chain strengthening, weight bearing gastroc/soleus stretch
- Proprioceptive training, progressive squat program
- Leg press and lunges (start initially with body weight only)

____ Months 3-4:

- Begin forward running in straight line (no cutting/pivoting) when 8" stepdown adequate
- Progress strengthening and flexibility exercises

____ Months 4-6:

- Start plyometric exercises; start sports specific agility program

Signature _____ Date: _____