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Post-Operative Rehabilitation Guidelines for Femoral Condyle Microfracture

0-2 Weeks:

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets, Patellar mobilization
- Ankle Pumps

2-6 Weeks:

- Advance to partial WBAT by 4-6wks.
- D/C crutches when gait normalized
- Begin Active ROM as tolerated.
- SLR, Closed Chain Quad Strengthening

8-12 Weeks:

- Advance to full WBAT by 6-8 wks
- Progressive Strengthening
- Begin stationary bike

12 Weeks:

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

16 Weeks:

- Return to all activities including cutting/pivoting sports