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Microfracture Femoral/Tibial Lesions Rehabilitation Protocol

Phase I: Weeks 0-6

- Brace
  - Femoral condyle or tibial plateau lesion: none
- Weight bearing Status
  - Femoral or tibial lesions: non weight bearing for 6 weeks, crutches at all times, or as instructed.
- Exercises
  - Continuous Passive Motion (CPM) machine, if used, 6 or more hours per day in sessions.
  - Passive ROM for extension and flexion. Teach and encourage home exercise program for motion, 3 times per day. Must achieve and maintain extension.
  - Heel slides, heel props, prone hangs, wall slides, straight leg raises, Hamstring isometrics.
    - Quad sets in full extension if possible
    - Patella mobilizations
    - Hip, ankle, and gasctroc strengthening

Phase II: weeks 6-12

- Weight bearing
  - Gradual increase to full weight bearing as tolerated.
- Exercises
  - Teach and encourage home exercise program to be performed daily.
  - Full active ROM
  - Stationary bike with no resistance.
  - Treadmill and elliptical machine with short durations.
  - Continue all previous phase exercises for motion as needed.
  - Hamstring curls, toe raises, and elastic resistant cord exercises.
  - Closed chain exercises for lower extremity. May begin squats at week 6-8.
  - Can consider aquatic exercise.

Phase III: weeks 12-16

- Exercises
  - Teach and encourage home exercise program. Can continue any previous exercise and stretches as needed, consider progressive resistance.
  - Begin Running program

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Phase IV: weeks 16 +

- Exercises
    - Likely transition to home exercise program with progressive resistance. Continue to increase resistance, build endurance, and strength. Advance running program, and possible plan for return to sport. Begin agility and plyometric exercises.