



Femoral Condyle Microfracture Protocol

Precautions

Brace:

-Patella MFX brace locked at 0° for 6 weeks
 -Other brace per MD request

Crutches:

NWB x5 weeks
 Week 5-6 25-50% WB
 Week 6-7 50-75% WB
 Week 8 WBAT

ROM:

Full PROM (unless meniscus repair)

Meniscus Repair:

ROM: 0-30° x4 weeks (TTWB)
 Week 5-6: 60° (Progress to WBAT)
 Week 6-7: 90°
 Week 8: Progress to full PROM

Post-Operative Day 1-5	Dressing Change
	Keep wound dry and covered x7-10 days
	Ambulate with crutches
	Elevate, compression, ankle pumps

PHASE 1 Wk 1-8 <u>Goal:</u> Full range of motion <i>Promote Tissue Healing</i>	NWBing x5 wks, PWBing wks 5-8
	Passive knee flexion to full
	Knee extension AROM to full
	Only bike/row with well leg
	Joint line girth within 2cm

PHASE 2 Week 8-16 <u>Goal:</u> ascend stairs with normal pattern <i>Restore household function</i>	Full knee A/PROM
	Swimming
	Bike with both legs, elliptical wk 12
	Joint line girth within 1cm
	Proper 2 leg squat form with full depth
Single leg balance reach test within 4cm of uninvolved leg	

PHASE 3 Wk 16-24 <u>Goal:</u> Full single leg stability <i>Initiate strengthening</i>	Commence single leg and multiplanar exercises
	No joint swelling
	Ascend/descend 2 flights of stairs with reciprocal gait
	Pass single leg bridge hold test
	Pass single leg squat test
Clearance for Rebound force plate test	

PHASE 4 Wk 24-30+ <u>Goal:</u> Pass sport test <i>Return to sport</i>	Biking progression wk 24
	Golf progression wk 24
	Rebound force plate test wk 24
	Multidirectional agility wk 28-30
	Pass Vail sport test wk 30
	Rebound force plate test wk 30
Running progression wk 30	