

## MICROFRACTURE/BIOCARTILAGE OF FEMORAL CONDYLE

### Rehab Protocol

|  | <b>WEIGHT BEARING</b>         | <b>BRACE</b>   | <b>ROM</b>  | <b>EXERCISES</b>   |
|--|-------------------------------|--|---|--|
| <b>PHASE I</b><br>0-6 weeks            | Non-WB                        | <b>0-2 week:</b> Locked in full extension at all times<br><br>Off for CPM and exercise only<br><br>Discontinue after 2 wks | <b>0-6 weeks:</b> Use CPM for 6 hours/day, beginning at 0-40°; advance 5-10° daily as tolerated | <b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 90° at home<br><br><b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core |
| <b>PHASE II</b><br>6-8 weeks           | Advance 25% weekly until full | None   | Full  | Advance Phase I exercises  |
| <b>PHASE III</b><br>8-12 weeks         | Full                          | None   | Full  | Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises<br><br>Begin unilateral stance activities, balance training  |
| <b>PHASE IV</b><br>12 weeks – 6 months | Full                          | None   | Full  | Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings<br><br>May advance to elliptical, bike, pool as tolerated   |
| <b>PHASE V</b><br>6-12 months          | Full                          | None   | Full  | Advance functional activity<br><br>Return to sport-specific activity and impact when cleared by MD after 8 mos   |



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