

# Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

## Phase I (Weeks 0-8)

- **Weight bearing:** Weight bearing as tolerated in hinged knee brace locked in extension
- **Hinged Knee Brace:** Locked in extension for ambulation - opened up 0-40° for ROM exercises
- **Range of Motion** - Continuous Passive Motion (CPM) Machine for 6-8 hours per day for 6-8 weeks
  - Set CPM to 1 cycle per minute - range from 0-40°
  - Passive Range of Motion and stretching under guidance of PT
- **Therapeutic Exercises**
  - Quadriceps/Hamstring isometrics

## Phase II (Weeks 8-12)

- **Weight bearing:** Advance to full weight bearing as tolerated -- discontinue crutch use
- **Discontinue Use of Hinged Knee Brace**
- **Range of Motion** - Advance to full/painless ROM (PROM/AAROM/AROM)
- **Therapeutic Exercises**
  - Emphasize Patellofemoral Program
  - Closed chain extension exercises
  - Hamstring curls
  - Toe raises
  - Balance exercises
  - Begin use of the stationary bicycle/elliptical

## Phase III (Months 3-6)

- **Weight bearing:** Full weight bearing
- **Range of Motion** - Full/Painless ROM
- **Therapeutic Exercises**
  - Advance closed chain strengthening exercises, proprioception activities
  - Sport-specific rehabilitation
  - Gradual return to athletic activity as tolerated - including jumping/cutting/pivoting sports
  - Maintenance program for strength and endurance