

ARTHROSCOPIC MICROFRACTURE SURGERY REHABILITATION FEMORAL DEFECTS

	Weight Bearing	Brace	ROM	Therapeutic Exercise
Phase I 0-8 Weeks	Week 0-6: NWB with crutches Week 6-8: Progress to FWB	None	CPM 6-8 hours / day: begin at 1 cycle / minute: begin at comfortable level and advance 10 degrees a day to full flexion as tolerated If CPM not available, instruct on ROM exercises for daily HEP	Passive stretching Quad and hamstring isometrics SLR, SAQ Bike without resistance at week 2
Phase II 8-16 Weeks	Full	None	Full ROM CPM discontinued 6 weeks	Progressive active strengthening Bike No impact exercises
Phase III 16 weeks and beyond	Full	None	Full and pain free	4 months: jog if no pain / swelling 5 month: light plyometrics 5-6 m: cut and jump 6 m: sport specific exercises and functional progression 6-8 m: gradual return to high impact

- Brace be utilized depending on individual circumstances. Refer to script for specific instructions if used.
- CPM may not be available due to cost or insurance coverage. It is critical for patient to do home program for range of motion.