

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

### **Phase I (Weeks 0-8)**

- **Weightbearing:** Weightbearing as tolerated with crutches 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**
  - Set brace to range from 0-40°
  - Passive Range of Motion (0-40°) and stretching under guidance of PT
  - CPM 6-8 hours / day begin at a rate of 1 cycle / min ranging from 0 – 40 degrees
- **Therapeutic Exercises**
  - Quadriceps/Hamstring isometrics

### **Phase II (Weeks 8-12)**

- **Weightbearing:** Advance to full weightbearing 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 (Weeks 12-24)**

- **Weightbearing:** Full weightbearing
- **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