



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy
Protocols
Brad E. Brautigam MD

Post-Operative Rehabilitation Guidelines for Femoral Condyle Microfracture

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- Strict TTWB with crutches
- Brace locked in full extension
- Quad sets, Patellar mobilization
- Ankle Pumps

2-6 Weeks:

- Advance to full WBAT by 4-6wks.
- D/C crutches when gait normalized
- Begin Active ROM as tolerated.
- SLR, Closed Chain Quad Strengthening

8-12 Weeks:

- Progressive Strengthening
- Begin stationary bike

12-16 Weeks:

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

>16 Weeks:

- Return to all activities including cutting/pivoting sports