

Nikhil Verma, MD
Lisa Raaf, MS, PA-C
Amanda Pfeiffer, MMS, PA-C
Lauren Rooney, MMS, PA-C
1611 W. Harrison, Suite #300
Chicago, IL 60612
Vermapa@rushortho.com
Fax: 708-409-5179
www.sportssurgerychicago.com

MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Femoral Condyle Microfracture

- 0-2 Weeks: Strict TDWB 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 Weeks: Begin jogging and advance to running
Progressive Active strengthening
Begin sports specific exercises
- 16 Weeks: Return to all activities including cutting/pivoting sports