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MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Patellar Microfracture

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| 0-8 Weeks: | WBAT in brace from 0-40 degrees (discontinue brace between weeks 2-4)
D/C crutches when gait normalized (between weeks 2-4)
Quad sets/SLR
Patellar mobilization |
| 8-12 Weeks | Advance to full ROM
Begin closed chain quad strengthening
Emphasize patellofemoral program |
| 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 |