



Femoral Condyle Microfracture Post-Operative Rehabilitation Protocol

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 4-6 weeks
- 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
- **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com



16 Weeks:

- Return to all activities including cutting/pivoting sports
- **Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email spc@rushortho.com

