



Patellar Microfracture Post-Operative Rehabilitation Protocol

0-8 Weeks:

- WBAT in brace from 0-40° (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
- **Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email spc@rushortho.com
- Progressive active strengthening
- Begin sports specific exercises



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

