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MICROFRACTURE – FEMORAL/TIBIAL CONDYLE REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 6 Weeks

- NWB to operative leg – with crutches
- CPM: 6-8 hours/day
(begin ROM 0°-90° & advance 10°/day to full flexion)
- Quads / hamstrings isometric exercises

6 - 12 Weeks

- Progress to WBAT
- Advance active quads / hamstring strengthening

12 - 16 Weeks

- Commence straight -line jogging/running

6 Months

- Return to pivoting sports and jumping

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!