

Joshua D. Stein, M.D.

## Arthroscopic Microfracture Surgery Rehabilitation Femoral Defects

Weight Bearing		Brace	ROM	Therapeutic Exercise
<b>Phase I 0-8 Weeks</b>	NWB with crutches Week six touchdown weight bearing (20-30%)	None	CPM 6-8 hours / day: begin at 1 cycle / minute: begin at comfortable level and advance 10 degrees a day to full flexion as tolerated	Passive stretching Quad and hamstring isometrics SLR, SAQ Bike without resistance at week 2
<b>Phase II 8-16 Weeks</b>	Progressive weight bearing to full as tolerated	None	Full ROM CPM discontinued at 8 weeks	Progressive active strengthening Bike No impact exercises
<b>Phase III 16 weeks and beyond</b>	Full	None	Full and pain free	4 months: jog if no pain / swelling 5 month: plyometrics 5-6 m: cut and jump 6 m: sport specific exercises and functional progression 6-8 m: gradual return to high impact