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Femoral Microfracture Rehabilitation Protocol

Weeks 0-6

- Strict TDWB with crutches
- No Brace
- CPM 6-8 hours/day: Set at 1 cycle per minute. Begin at comfortable flexion and advance 10° daily to full ROM.
- Quad sets, Patellar mobilization
- 6-8 Weeks: Advance to full WBAT by 8 wks.
- D/C crutches when gait normalized
- Begin Active ROM as tolerated.
- SLR, Closed Chain Quad Strengthening

Weeks 8-12

- Full WBAT
- Progressive Strengthening
- Begin stationary bike

Week 12+

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises
- 16 Weeks: Return to all activities including cutting/pivoting sports