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Trochlea or Patella Microfracture Physical Therapy Protocol

Week 0-8

- Weight bearing as tolerated
- Brace locked in extension, 40 degrees of extension for weight bearing
- CPM for 6-8 hours/day, from 0-40 degrees
- Passive stretching/exercise for the first 6-8 weeks
- Quad/hamstring isometric exercises

Weeks 8-12

- Progress to full weight bearing
- Discontinue brace
- Progress to full range of motion
- Can begin closed chain activities

Weeks 12+

- Return to full activities
- Activities may include, cutting, turning, pivoting and jumping