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## Microfracture (Patellar-Trochlear)

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 – 6</b> <b>weeks</b>	Partial WB with crutches.	Locked 0-40 degrees for WB.	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs /day as tolerated. Goal: full active extension by 2 wks, 90° passive flexion by 4wks., 120 by 6 wks.	Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Modalities: ice, stim.
<b>6-8</b> <b>weeks</b>	As tolerated (WBAT) with crutches.	None	Same	Same
<b>PHASE II</b> <b>8-12</b> <b>weeks</b>	FWB with normal gait	None	Full A/PROM.	Closed chain strengthening exercise. Balance exercises. Patellofemoral program.
<b>PHASE III</b> <b>3-6</b> <b>months</b>	FWB	None	Full ROM	Begin open chain strengthening. No seated leg extensions. Swimming and Treadmill walking. Progress to Elliptical
<b>PHASE IV</b> <b>6-12</b> <b>months</b>	FWB	None	Full ROM	May begin a progressive running and agility program. Consider return to high impact sports.