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Microfracture (Femoral Condyle)

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Non-weight bearing (NWB) with crutches.	Locked in extension except for PT	CPM: 6-8 hrs / day. Start -5 to 45 degrees. Increase 5-10 degs /day as tolerated. Goal: full active extension by 2 wks, 120° passive flexion by 4wks.	Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations. Modalities: ice, stim.
2 – 6 weeks	TDWB with crutches.	Adjust ROM based on PROM achieved in PT	Same	Same
6 – 8 weeks	Discontinue crutches. Full weight bearing.	Wean out of unlocked brace	Same	Same
PHASE II 8-12 weeks		None	Full A/PROM.	Closed chain strengthening exercise. Balance exercises.
PHASE III 3-6 months		None	Full ROM	Begin open chain strengthening. Swimming and Treadmill walking. Progress to Elliptical
PHASE IV 12 – 16 months	Full weight bearing	None	Full ROM	May begin a progressive running and agility program. Consider return to high impact sports.