

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Microfracture Of Femoral Condyle

Phase I (0-6 weeks)

Weight Bearing: With crutches, toe-touch WB.

Range of Motion: Full. CPM 6 hrs/d; start 0-45d; advance 5-10d daily as tolerated.

Brace: none

Exercises: SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.
Core. Hip abductors.

Phase II (6-12 weeks)

Weight Bearing: Progress to full as tolerated

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Stationary bike, low resistance.

Phase III (3-5 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike as tolerated.

Phase IV (5-12 months)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Core. Hip abductors. Quad strengthening. Plyometrics. Sport-specific drills. Progress elliptical to running. Return to full impact activity after 8 months.

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