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## Rehabilitation Protocol:

### Microfracture (Femoral Condyle)

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
<b>PHASE I</b> 0 – 2 weeks	Non-weight bearing with crutches	None	ROM 5 to 45 degrees Increase 5-10 degs / day as tolerated	Quad sets, quad/hamstring isometrics, ankle pumps, patellar mobilizations
<b>2 – 6 weeks</b>	Toe touch (TTWB) with crutches	None	Goal: full active extension by 2 weeks, 120 degrees passive flexion by 4 weeks	Modalities: Ice/stim
<b>6 – 8 weeks</b>	Weight bearing as tolerated	None		
<b>PHASE II</b> 8 – 12 weeks	Full weight bearing (FWB)	None	Full A/PROM	Closed chain strengthening exercise Balance exercise
<b>PHASE III</b> 3 – 6 months	FWB	None	Full ROM	Begin open chain strengthening Swimming & treadmill walking Progress to elliptical (EFX)
<b>PHASE IV</b> 6 – 12 months	FWB	None	Full ROM	May begin a progressive running and agility program  Consider return to high impact sports