Microfracture Femoral Condyle Protocol

**PHASE 1: (0-8 weeks)**

- TDWB for the first 6 weeks
- No brace required
- CPM 6-8 hrs/day 0-60 at a rate of 1 cycle per minute for 6-8 weeks
  (Advance 10 degree increments as tolerated until full PROM is achieved)
- Alternatively (if no CPM), Passive flexion and extension with 500 reps 3 times a day
- Passive stretching/exercise with quad/hamstring isometrics

**PHASE 2: (8-12 weeks)**

- Gradual return to FWB
- No brace
- Gain full and pain-free ROM
- Progressive active stretching

**PHASE 3: (12 weeks and beyond)**

- Full weightbearing
- Return to full activities, including cutting, turning, and jumping