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Microfracture Femoral Condyle Protocol

PHASE 1: (0-8 weeks)

- TDWB for the first 6 week
- 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