



ANDREAS SAUERBREY, M.D.

Microfracture Trochlear/Patellar Defect Protocol

PHASE 1: (0-8 weeks)

- WBAT
- Brace locked 0-40 degrees for WB
- 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)

- Gain full and pain-free ROM
- Begin closed chain activities emphasizing a patellofemoral program

PHASE 3: (12 weeks and beyond)

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