



Knee Microfracture Rehab Protocol

Phase 1 (0-6 weeks)

- Full range of motion as tolerated
- 200 repetitions of knee flexion/extension per day
- Stationary bicycle with NO resistance is okay
- Isometric quad sets daily
- Precautions:*
 - No bearing weight on affected leg (crutches, foot rests on floor)
 - No brace use (unless specifically directed by physician)

Phase 2 (6-12 weeks)

- Progressive strengthening under direction of physical therapist
- Precautions:*
 - No pivoting/cutting/jumping training

Phase 3 (3-6 months)

- Progress toward sport-specific training when cleared by surgeon
- Notify surgeon if swelling or mechanical symptoms arise

If patello-femoral microfracture:

- Bear weight as tolerated ONLY with brace on and set to 0-20 degrees for first 8 weeks
- Full range of motion with brace off by the first post-operative visit
- Brace weaned from 8-12 weeks
- Progressive strengthening with increased range of motion starting 12-16 weeks
- Return to sport-specific training 4-6 months postop