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## Microfracture Rehab Protocol

### POST OPERATIVE MANAGEMENT

- Pain control with ice, elevation, compression, and anti-inflammatories
- Weight bearing as tolerated in brace locked in 0 degrees extension

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 – 8 weeks</b>	Weight bearing as tolerated With brace locked In full extension	Locked 0 – 30° of flexion for weight bearing	Use of a CPM for 6-8 hours/day – begin at a rate of 1 cycle/ minute, ranging from 0 – 30°	<b>Passive</b> stretching/exercise * 6 – 8 weeks, quad/hamstring isometrics
<b>PHASE II 8 – 12 weeks</b>	Full	None	Gain full and pain-free	Begin closed chain activities, emphasizing a patellofemoral program
<b>PHASE III 12 weeks</b>	Full	None	Full and pain-free	Introduce cutting, turning, and jumping

### Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician