

ANDY BRIEN, MD

Arthroscopic Microfracture Surgery Rehabilitation Patellar/Trochlear Defects

	Weight Bearing	Brace	ROM	Therapeutic Exercise
Phase I 0-8 Weeks	WBAT with brace	ROM 0-30 when ambulating	CPM 6-8 hours / day: begin at 1 cycle / minute, ranging from 0-40 degrees	Passive stretching Quad and hamstring isometrics Closed chain exercises without resistance at week 4 (bike)
Phase II 8-16 Weeks	Progressive weight bearing to full as tolerated	None	Full ROM CPM discontinued at 8 weeks	Progressive active strengthening Bike No impact exercises
Phase III 16 weeks and beyond	Full	None	Full and pain free	Begin open kinetic chain exercises 6-7 months: initiate impact activities 8-12 m: gradual return to high impact