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MICROFRACTURE TECHNIQUE FEMORAL CONDYLAR LESIONS

0-2 Weeks

- Weightbearing Status:
 - Non-weightbearing using 2 crutches
- Range-of-motion:
 - Passive knee flexion and knee extension range-of-motion
 - Wall slides or heel slides to increase knee flexion range-of-motion
 - Wall slides and passive knee extension with heel supported to increase extension range-of-motion
- Mobilization:
 - Patellar mobilization, as needed
- Stretching Exercises:
 - Hamstring, iliotibial band, and calf stretches, as needed
- Strengthening Exercises:
 - Isometric quadriceps sets
 - Isometric hamstring sets at 70-90° of knee flexion
 - Straight leg raises
 - Hip adduction
 - Ankle plantar flexion with tubing resistance

2-6 Weeks

- Weightbearing Status:
 - Non-weightbearing using 2 crutches
- Range-of-Motion and Stretching Exercises:
 - Continue knee extension range-of-motion exercises, as needed
 - Discontinue wall slides at 115-120° flexion, progressing to heel slides
 - Full knee flexion and extension range-of-motion by 4-6 weeks post surgery
- Strengthening Exercises:
 - Closed-kinetic-chain exercises
 - Progress with strengthening exercises as above
 - Active knee extension
 - Hamstring curls
 - Seated toe raises with resistance
 - Pool exercises, if available
 - Gradually increase resistance on stationary bicycle
 - Hip abduction, added during the 4th to 5th week, if fair quadriceps contraction is present

6-10 Weeks

- Weightbearing Status: Partial weightbearing:
 - 6 weeks - 25% body weight
 - 7 weeks - 50% body weight
 - 8 weeks - 75% body weight
 - 9 weeks - 100% body weight
 - Progress to full weightbearing, without assistive device, by 10 weeks post surgery
- Range-of-Motion and Strengthening Exercises:
 - Continue progression of strengthening exercises
 - Closed kinetic chain
 - Standing toe raises
 - Partial squats
 - Leg press exercise
 - Step exercises: step-down, step-up, lateral stepping
 - Open kinetic chain
 - Isokinetic training: 200+ speed

10-16 Weeks

- Strengthening Exercises:
 - Continue progression of strengthening exercises
 - Walking, Stepper machine
 - 16 Weeks
 - Begin running
 - 5-6 Months
 - Begin cutting and pivoting

6-8 Months

- Return to athletics