

Microfracture/Biocartilage of Femoral Condyle

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Phase I 0-6 weeks HEP daily	Wean off brace	No weight bearing Weeks 0-2: Brace locked in full extension at all times Exercise only, no CPM Discontinue brace after 2 weeks Weeks 0-6: CPM (6hrs/day) Begin at 0-40° and advance 5-10° daily as tolerated	Weeks 0-2: Quad sets, SLR, calf pumps, passive leg hangs to 90° at home Weeks 2-6: PROM/AAROM to tolerance, patella and tibiofibular joint mob, quad, hamstring and glut sets, SLR, side-lying hip and core
Phase II 6-8 weeks HEP daily	Full ROM Discontinue brace	Advance weight bearing 25% weekly until full weight bearing	Advance Phase I exercises
Phase III 8-12 weeks HEP daily	Full ROM	WBAT	Gait training Begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities and balance training
Phase IV 12 weeks – 6 months HEP daily	Full ROM	WBAT	Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings May advance to elliptical, bike and pool as tolerated
Phase V 6-12 months HEP daily	Full ROM	WBAT	Advance functional activity Return to sport-specific activity and impact when cleared by MD after 8 months

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