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**MICROFRACTURE/ BIOCARTILAGE OF FEMORAL CONDYLE  
 REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> (0-6 weeks)	NWB	<b>0-2 weeks:</b> Locked in extension at all times. <b>D/C at 4-6 weeks</b>	<b>0-6 weeks:</b> beginning at 0-40 degrees, advance 5-10 degrees daily as tolerated	<b>0-2 weeks:</b> quad sets, SLR, ankle pumps, passive leg hangs to 90 degrees at home <b>2-6 weeks:</b> PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad/hamstring/glute sets, SLR, side lying hip and core
<b>PHASE II</b> (6-8 weeks)	Advance 25% weekly until full	NA	Full	Advance Phase I exercises
<b>PHASE III</b> (8-12 weeks)	FWB	NA	Full	Gait training, closed chain exercises, wall sits, mini squats, toe raises
<b>PHASE IV</b> (12 weeks- 6 months)	FWB	NA	Full	Advance Phase III exercises, maximize core/glutes, pelvic stability work, eccentric hamstrings  May progress to elliptical, bike, pool
<b>PHASE V</b> (6-12 months)	FWB	NA	Full	Advance functional activity  Return to full activities as tolerated; must be cleared by surgeon after 8 months