

## MICROFRACTURE - TROCHLEAR/PATELLAR DEFECT REHABILITATION PROTOCOL

	<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	Locked 0 - 40 ° 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 - 40 °	<b>Passive</b> stretching/exercise for the first 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 and beyond</b>	Full	None	Full and pain-free	Return to full activities, including cutting, turning, and jumping