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Post-Operative Rehabilitation Guidelines for Femoral Condyle Microfracture

- 0-2 Weeks: Strict TDWB with crutches
Brace locked in full extension
Quad sets, Patellar mobilization
Ankle Pumps
- 2-6 Weeks: Advance to full WBAT by 4-6wks.
D/C crutches when gait normalized
Begin Active ROM as tolerated.
SLR, Closed Chain Quad Strengthening
- 8-12 Weeks: Progressive Strengthening
Begin stationary bike
- 12 Weeks: Begin jogging and advance to running
Progressive Active strengthening
Begin sports specific exercises
- 16 Weeks: Return to all activities including cutting/pivoting sports