

**Benedict Nwachukwu, MD MBA**  
HSS Sports Medicine Institute  
610 West 58th Street, New York, NY 10019  
Office: 646.885.8250  
Fax: 646.885.8252  
[www.manhattansportsdoc.com](http://www.manhattansportsdoc.com)



## **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