



### **Arthroscopic Microfracture Rehabilitation Protocol**

\*progression to the next phase should only be completed once patients have passed the goals of their current phase\*

	<b>Brace</b>	<b>Weight Bearing</b>	<b>ROM</b>	<b>Exercises</b>
<b>0-6 weeks*</b>	N/A	Foot flat WB (20-30% weight) with crutches	Progress ROM to full flexion as tolerated, complete ROM several times daily, starting POD 1 advancing 10 deg/day	Ankle pumps, quad & hamstring isometrics, patellar mobilizations, passive stretching
<b>6-12 weeks</b>	N/A	Full WB, wean crutches over 6-8 week timeline	FULL	Progress to active strengthening
<b>12+ weeks</b>	N/A	Full WB	FULL	Gradual return to full activities when pain-free / minimal to no effusion