

Blake M. Bodendorfer, MD
1 Edmundson Place Suite 500
Council Bluffs, IA 51503
712-323-5333
16221 Evans Plaza
Omaha, NE 68116
402-991-9958
bbodendorfer@millerortho.com
omahasportsdoc.com



**Post-Operative Rehabilitation Guidelines for
Femoral Condyle Microfracture or Chondroplasty**

- 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 excercises
- 16 Weeks: Return to all activities including cutting/pivoting sports