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**Post-Operative Rehabilitation Guidelines for  
Patellar or Trochlear Microfracture or Chondroplasty**

- 0-8 Weeks:        WBAT in brace from 0-40 degrees (discontinue brace between weeks 2-4)  
                      D/C crutches when gait normalized (between weeks 2-4)  
                      Quad sets/SLR  
                      Patellar mobilization
- 8-12 Weeks        Advance to full ROM  
                      Begin closed chain quad strengthening  
                      Emphasize patellofemoral program
- 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