

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

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