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

- 0-6 Weeks: Strict TDWB (20%) with crutches
No Brace
CPM 6-8 hours/day: Set at 1 cycle per minute. Begin at comfortable flexion and advance 10° daily to full ROM.
Quad sets, Patellar mobilization
- 6-8 Weeks: Advance to full WBAT by 8 wks.
D/C crutches when gait normalized
Begin Active ROM as tolerated.
SLR, Closed Chain Quad Strengthening
- 8-12 Weeks: Full WBAT
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