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

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| 0-8 Weeks: | WBAT in brace from 0-40 degrees
CPM for 6-8 hrs/day. Rate of 1 cycle/sec from 0-40°
Quad sets/SLR
Patellar mobilization |
| 8-12 Weeks | Discontinue Brace with WBAT
D/C crutches when gait normalized
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 |