
Knee Microfracture Protocol

NON WEIGHT BEARING for a minimum of six weeks after surgery
Watch for any increase in pain/swelling before introducing new exercises

WEEK 0-3

NON WEIGHT BEARING

- ROM 0-120 (*0-90 if microfracture is performed at patella or trochlea)
- Passive seated knee flexion only (NO HEEL SLIDE!!!)
- Patellar mobilization
- Ankle pumps
- Calf stretching
- Straight leg raises (Hip flexion and abduction only)
- Quad sets with use of NMES as needed

WEEK 4-6

NON WEIGHT BEARING

- Continue above exercises
- PROM 0-135 (*0-120 if microfracture is performed at patella or trochlea)
- Stationary bike for ROM with NO resistance
- Start with 1 lb. of resistance, increase 1 lb. per week as tolerated by pain

WEEK 7-10

Wean off of crutches over 2-3 weeks as tolerated by pain

- Continue above exercises
- AROM 0-125 degrees
- Full PROM
- stationary biking for ROM
- Initiate standing weight shifts
- Closed kinetic chain exercises 0-45 degrees
- Hip adduction/abduction
- Initiate core strengthening
- Balance Board or Two Leg Balancing

WEEK 10-13

Establish full ROM
May initiate pool running

- Continue above exercises
- CKC exercises 0-70 degrees
- Advance to single leg proprioception exercises as tolerated by pain

WEEK 14-16

Initiate straight land running **after the approval from the attending surgeon**

- Continue the previous exercises
- Proprioception training
- CKC exercises 0-90
- Hamstring curls
- Wall Squats
- Lunges (stationary)

Functional progression, sport specific activities or work specific exercises as appropriate