

**MICROFRACTURE / BIOCARILAGE OF FEMORAL CONDYLE  
REHABILITATION PROTOCOL**

|                                        | WEIGHTBEARING | BRACE                                                                                                                                                                                                                     | ROM                                                                                                                                             | EXERCISES                                                                                                                                                                                                                              |
|----------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PHASE I</b><br>0-6 weeks            | Full w/ brace | <b>0-1 week:</b><br>Locked in full extension at all times<br><br>Off for CPM and exercise only<br><br><b>1-4 weeks:</b><br>Unlocked and worn daytime only<br><br>Discontinue when quads can control SLR w/o extension lag | <b>0-6 weeks:</b><br>Use CPM for 6 hours/day, beginning 0-30° for 0-2 weeks<br><br><b>2-4 weeks:</b><br>0-60°<br><br><b>4-6 weeks:</b><br>0-90° | <b>0-2 weeks:</b> Quad sets, SLR, calf pumps, passive leg hangs to 45° at home<br><br><b>2-6 weeks:</b><br>PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glute sets, SLR, side-lying hip and core |
| <b>PHASE II</b><br>6-8 weeks           | Full          | None                                                                                                                                                                                                                      | Full                                                                                                                                            | Advance Phase I exercises                                                                                                                                                                                                              |
| <b>PHASE III</b><br>8-12 weeks         | Full          | None                                                                                                                                                                                                                      | Full                                                                                                                                            | Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises<br><br>Begin unilateral stance activities, balance training                                                                                  |
| <b>PHASE IV</b><br>12 weeks – 6 months | Full          | None                                                                                                                                                                                                                      | Full                                                                                                                                            | Advance Phase III exercises; maximize core/glutes, pelvic stability work, eccentric hamstrings<br><br>May advance to elliptical, bike, pool as tolerated                                                                               |
| <b>PHASE V</b>                         | Full          | None                                                                                                                                                                                                                      | Full                                                                                                                                            | Advance functional                                                                                                                                                                                                                     |



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| 6-12 months |  |  |  | activity<br><br>Return to sport-specific activity and impact when cleared by MD after 8 mos |
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