

Dr. Craig Chike Akoh, M.D.
MICROFRACTURE / BIOCARTILAGE OF FEMORAL CONDYLE
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-6 weeks</i>	Non-WB	0-2 week: Locked in full extension at all times Off for CPM and exercise only Discontinue after 2 wks	0-6 weeks: Use CPM for 6 hours/day, beginning at 0-40 °; advance 5-10 ° daily as tolerated	0-2 weeks: Quad sets, SLR, calf pumps, passive leg hangs to 90 ° at home 2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, quad, hamstring, and glut sets, SLR, side-lying hip and core
<i>PHASE II</i> <i>6-8 weeks</i>	Advance 25% weekly until full	None	Full	Advance Phase I exercises
<i>PHASE III</i> <i>8-12 weeks</i>	Full	None	Full	Gait training, begin closed chain activities: wall sits, shuttle, mini-squats, toe raises Begin unilateral stance activities, balance training
<i>PHASE IV</i> <i>12 weeks – 6 months</i>	Full	None	Full	Advance Phase III exercises; maximize core/glutes, pelvic stability work eccentric hamstrings May advance to elliptical, bike, pool as tolerated
<i>PHASE V</i> <i>6-12 months</i>	Full	None	Full	Advance functional activity Return to sport-specific activity an impact when cleared by MD after 8 mos

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.