

NANOFRACTURE/MICROFRACTURE – FEMORAL CONDYLE

REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0-4 weeks	Touchdown weight bearing (20-30%) for the first 4 weeks	None	Use of a CPM for 4-6 hours/day –advancing 5-10° daily. Begin at level of flexion that is comfortable for the patient – advance to full flexion as tolerated	Passive stretching/exercise for the first 6-8 weeks, quad/hamstring isometrics
PHASE II 6-12 weeks	Gradual return to full weight bearing	None	Gain full and pain-free	Progressive active strengthening
PHASE III 12-16 weeks and beyond	Full	None	Full and pain-free	Return to full activities, including cutting, turning and jumping. Goal in isolated Nanofracture is 4-6 months full return to sport