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MICROFRACTURE - TROCHLEAR/PATELLAR DEFECT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Weight bearing as tolerated in brace	Locked 0 - 30 ° of flexion for weight bearing Unlocked when non- weight bearing	Use of a CPM for 6-8 hours/day - begin at a rate of 1 cycle/ minute, ranging from 0 - 50, °advance 10 degrees daily - advance to full flexion as tolerated	Passive stretching/exercise for the first 6 - 8 weeks, quad/hamstring isometrics
PHASE II 6 - 12 weeks	Full	None	Gain full and pain-free	Begin closed chain activities, emphasizing a patellofemoral program
PHASE III 12 weeks and beyond	Full	None	Full and pain-free	Return to full activities, including cutting, turning, and jumping