

# Knee Microfracture

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## General

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Full passive ROM  
Non-weight-bearing for 6 weeks  
Brace from 0-90 for 6 weeks  
Stitches assessed and removed in clinic within 7-14 days

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## Weeks 0-1

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CPM 0-30 and advance to 0-90 as tolerated  
Extension/flexion—wall slides, prone hangs  
Patellar mobilization  
Ankle pumps  
Quad sets with straight leg raises  
Modalities as necessary to decrease swelling

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## Weeks 1-2

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Continue week 1 activities  
Hamstring sets

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## Weeks 2-6

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Continue week 2 activities  
Achilles, calf, and hamstring stretching (sit and reach with towel)  
Stationary bike with both legs with gradual increased resistance

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## Weeks 6-10

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Protected weight-bearing with gradual wean off crutches  
Treadmill 7% walk  
Toe/heel raises  
Double knee bends  
Swimming with fins

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## Weeks 10-12

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Single knee bends  
Quads-specific strengthening exercises  
Rowing/erg machine  
Outdoor biking

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## Week 12

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Return to run program  
– Elliptical → treadmill → outdoor running  
Leg press to 90° with weights  
Leg curls with no hyperextension

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## Week 16

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Sport-specific training with gradual return to agility exercises

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