



## MICROFRACTURE OR BIOCARILAGE PATELLA / TROCHLEA WITHOUT AMZ REHABILITATION PROTOCOL

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