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**Post-Operative Rehabilitation Guidelines for  
Femoral Condyle Microfracture**

**0-2 Weeks:**

- Strict TDWB with crutches
- Brace locked in full extension
- Quad sets, Patellar mobilization
- Ankle Pumps

**2-6 Weeks:**

- Advance to full WBAT by 4-6wks.
- D/C crutches when gait normalized (usually around 4 weeks)
- Begin Active ROM as tolerated.
- SLR, Closed Chain Quad Strengthening

**8-12 Weeks:**

- Progressive Strengthening
- Begin stationary bike

**12 Weeks:**

- Begin jogging and advance to running
- Progressive Active strengthening
- Begin sports specific exercises

**16 Weeks:**

- Return to all activities including cutting/pivoting sports