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  
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