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MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Patellar Microfracture

- 0-8 Weeks: WBAT in brace from 0-40 degrees (discontinue brace between weeks 2-4)
 D/C crutches when gait normalized (between weeks 2-4)
 Quad sets/SLR
 Patellar mobilization
- 8-12 Weeks Advance to full ROM
 Begin closed chain quad strengthening
 Emphasize patellofemoral program
- 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