



**Microfracture or Biocartilage or ACI Trochlea or Patella Rehabilitation Program**

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**Diagnosis:** Right / Left Microfracture or Biocartilage or ACI \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Weeks 0-6 (Phase I):**

- »» Weightbearing
  - 0-2 weeks: Weight bearing as tolerated (WBAT) in HKB locked in extension
  - 2-4 weeks: Weight bearing as tolerated (WBAT) in HKB from 0-40° of flexion
  - 4-6 weeks: Weight bearing as tolerated (WBAT) in HKB from 0-90° of flexion
- »» Brace/ROM
  - 0-2 weeks: Brace open from 0-40° in CPM, then open brace progressively as tolerated
  - 0-6 weeks: CPM use 6-8 hrs/day, 1 cycle/min, advance 10°/day beginning at comfortable flexion angle
- »» Exercise
  - 0-6 weeks: Quad sets, patellar mobs, SLRs, ankle pumps, resisted ankle movements
  - 0-6 weeks: Passive stretching/exercise emphasized primarily for first 6 weeks

**Weeks 6-12 (Phase II):**

- »» Progress Phase I exercises
- »» No Brace
- »» Begin closed chain activities emphasizing patellofemoral program
- »» Initiate stationary bike at low resistance
- »» Progress active strengthening

**Weeks 12 and beyond (Phase III):**

- »» Progress running, jogging, biking
- »» Progress sport or job specific activities
- »» Progress to full return as tolerated

**For more information please visit:** [www.tsaog.com/drnuelle](http://www.tsaog.com/drnuelle)