

Assistant Professor of Orthopaedics Division of Sports Medicine Tel: (646)501-7122

## Rehabilitation Protocol: Microfracture of the Femoral Trochlea/Patellar Defect

Name:			
Diagno	osis:		
•	Range of Motion – Continuous Pa • Set CPM to 1 cycle per min	and stretching under guidance of PT	
•	<b>Discontinue Use of Hinged Kne</b>	ll/painless ROM (PROM/AAROM/AROM) l Program ercises	
•	<ul> <li>Sport-specific rehabilitati</li> </ul>	ROM engthening exercises, proprioception activities on eas tolerated – including jumping/cutting/pivoting sports	
Comme	ents: ency: times per week	Duration: weeks	
Signati	uro	Dato	