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**MICROFRACTURE - TROCHLEAR/PATELLAR DEFECT
 REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I 0 - 8 weeks	Weight bearing as tolerated	Locked 0 - 40 ° of flexion for weight bearing	Use of a CPM for 6-8 hours/day - begin at a rate of 1 cycle/minute, ranging from 0 - 40 °	Passive stretching/exercise for the first 6 - 8 weeks, quad/hamstring isometrics
PHASE II 8 - 12 weeks	Full	None	Gain full and pain-free	Begin closed chain activities, emphasizing a patellofemoral program
PHASE III 12 weeks and beyond	Full	None	Full and pain-free	Return to full activities, including cutting, turning, and jumping