



Rehabilitation protocol following Microfracture surgery.
(Specific instructions may vary depending on size/site of lesion and surgeon instructions)

0-2 days	Zimmer splint
0-6 weeks	Touch weight bearing Gentle/slow range of motion exercises Static quads/Hamstring contractions Soft tissue mobilisation Avoid NSAIDs
6-12 weeks	Weight bear as tolerated Full gentle range of motion (at slow rate) Static quads/hamstring exercises Exercise bike with minimal/low resistance
3-6 months	Body weight squats/lunges Cycling Swimming/hydrotherapy
6-9 months	Weighted leg exercises Gentle jogging on soft surfaces (i.e. treadmill or grass surface)
9-12 months	Running/sprinting Jumping
12+ months	Pivoting sports Full activities