



## **Microfracture Protocol**

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### **Gait**

NWB x 4-6 weeks

### **ROM**

No restrictions

### **Strengthening**

SLR  
SAQ  
Ham curls  
Core

Add closed chain activities at 6 weeks

### **Stretching**

Calves, hamstrings, quads, hip flexors as needed

### **Function**

Begin balance and functional training at 6 weeks

### **Aquatics**

Address problem areas