

Kyle Anderson, MD
William Beaumont Hospital

26025 Lahser Road, 2nd Floor
Southfield, MI 48033
Ph. (248) 663-1900

6900 Orchard Lake Road, #103
West Bloomfield, MI 48322
Ph. (248) 855-7400

3535 W. 13 Mile Road, #742
Royal Oak, MI 48073
Ph. (248) 551-9100

Microfracture Protocol

Gait

NWB x 4-6 weeks (depends on size of lesion; check orders)

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

Revised: 9/04