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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