

## **Microfracture Chondroplasty Operative Rehabilitative Protocol**

- Nonweightbearing (crutches) for 8 weeks
- Jones dressing immobilization for 7 days after surgery
- Continuous active non-weightbearing motion on crutches or high stool with leg to and fro, dangling
- Feather to partial weightbearing in 8-10 weeks
- Swimming or stationary bicycle in 3-6 months
- Full activity at 6 months