



Microfracture on a weightbearing surface
Dr. Souster

Crutches and TTWB typically for the first 6 weeks depending on the size of the lesion. Ice and elevation as much as possible to reduce swelling within the first week. Encourage to start on range of motion immediately post-op. The patient may start on a stationary bike without resistance at 5-7 days post-op. Ok to start light open-chain strengthening once motion has returned. NO high impact (running/jumping/sports) for 3-4 months following procedure. Evaluate at 2 weeks post-op visit if a physical therapy referral is needed.