**Microfracture**

*Avoid ER past Greater than 90*

RESTRICTIONS:
* Hip Flexion no Greater than 90
* Avoid ER past Neutral

**Microfracture 6 weeks NWB**

### Phase I

**Goals of Phase I:**
- Restore ROM
- Diminish pain and inflammation
- Prevent Muscular inhibition
- Normalize gait with 50% WB restriction.

**Criteria to advance to Phase II:**
- Minimal phase 1 exercises, minimal range of motion limitations.
- Normalized heel to toe gait with 50% WB

### Phase II

**Goals of Phase II:**
- Restore pain free ROM, initiate proprioception exercises, normalize gait

**Criteria to advance to Phase III:**
- Minimal pain with phase II exercises. Single leg stance with level pelvis.