

REHABILITATION PROTOCOL: KNEE MANIPULATION UNDER ANESTHESIA AND LYSIS OF ADHESIONS

□ Phase 1 (Weeks 0-1)

- Weight bearing: Touchdown weight bearing (20-30% body weight) for 1 week- no bracing
- Range of motion
 - Continuous passive motion (CPM) 6-8 hours/day for 6-8 weeks
 - Set to 1 cycle per minute- start at level of flexion that is comfortable
 - Advance 10° per day until full flexion achieved
 - Passive range of motion and stretching under guidance of PT
- Therapeutic exercises
 - Quad and hamstring isometrics
 - Heel slides

□ Phase 2 (Weeks 1-6)

- Weight bearing: Advance to full weight bearing as tolerated- discontinue crutch use
- Range of motion
 - Advance to full/ painless ROM
- Therapeutic exercises
 - Closed chain extension exercises
 - Hamstring curls
 - Toe raises
 - Balance exercises
 - Begin use of stationary bicycle/ elliptical

□ Phase 3 (Weeks 6-12)

- Weight bearing: full
- Range of motion: full and painless
- Therapeutic exercises
 - Advance closed chain strengthening exercises, proprioception activities
 - Sport-specific rehabilitation
- Gradual return to athletic activity as tolerated- including jumping/ cutting/ pivoting sports
- Maintenance program for strength and endurance