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PHYSICAL THERAPY PROTOCOL

KNEE ARTHROSCOPY – CAPSULAR RELEASE/ LYSIS OF ADHESIONS/ MANIPULATION UNDER ANESTHESIA (MUA)

<u>Postop</u>	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Weeks 0-2 PT 4-5x/week HEP daily	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets Patellar mobilization; SLR, plants, bridges, abs, step-ups and stationary bike as tolerated. Supine and prone PROM/ capsular stretching with and without tib-fem distraction
Weeks 2-4 PT 3x/week HEP daily	Full	None	Full	Progress Phase I exercises Advance rectus femoris/anterior hip capsule stretching Cycling, elliptical, running as tolerated
Weeks 4-12 PT 2-3x/week HEP daily	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program

IF QUESTIONS: PLEASE CALL 469-800-7200