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