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