



Brian Waterman M.D.
ORTHOPEDIC SURGERY

**KNEE ARTHROSCOPIC CAPSULAR RELEASE/ LYSIS OF ADHESIONS
MANIPULATION UNDER ANESTHESIA (MUA)
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks 4-5 days/wk	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, Patellar mobilization; SLR, planks, bridges, abs, step-ups and stationary bike as tolerated. Supine and prone PROM/ capsular stretching with and without Tib-Fem distraction
PHASE II 2-4 weeks 3 days/wk	Full	None	Full	Progress Phase I exercises Advance rectus femoris/ Anterior hip capsule stretching Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks 2-3 days/wk	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program

COPYRIGHT 2014 CRC ©BRIAN J. COLE, MD, MBA