



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for knee arthroscopic plica excision

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Phase I

Weeks 0-2:

- Weight bearing as tolerated
- No brace
- Full Active/Passive ROM
- SLR, Heel Slides, Quad/Hamstring Sets, Calf Pumps
- Patellar Mobilization, planks, bridges, abs, step-ups and stationary bike as tolerated

Phase II

Weeks 2-4:

- Full Weight Bearing
- Full ROM
- Progress Phase I exercises
- Add sport specific exercises as tolerated
- Cycling, elliptical, running as tolerated
- Modalities PRN

Phase III

Weeks 4-12:

- Add sport specific exercises as tolerated
- Maintenance core, glutes, hip and balance program

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis

TENS Heat before/after Ice before/after Trigger points massage

Therapist's discretion

Other _____

Signature: _____ Date: _____