



Post-Operative Rehabilitation Guidelines for knee arthroscopic lysis of adhesions

Phase I

Weeks 0-2:

- Full WBAT immediately
- Crutches for 24 – 48 hrs. D/C when gait normalizes.
- Full Active/Passive ROM
- SLR, Heel Slides, Quad/Hamstring Sets, Calf Pumps
- Patellar Mobilization, planks, bridges, abs, step-ups and stationary bike as tolerated
- Supine and prone PROM/ capsular stretching with and without Tib-Fem distraction

Phase II

Weeks 2-4:

- Full Weight Bearing
- Progress with ROM until full
- Progress Phase I exercises
- Advance rectus femoris/ anterior hip capsule stretching
- Cycling, elliptical, running as tolerated
- Modalities PRN

Phase III

Weeks 4-12:

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