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

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