

## Manipulation Under Anesthesia for Arthrofibrosis +/- Knee arthroscopic lysis of adhesions

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ DOS: \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

### Phase 1 (0-2wks):

- Goals: Control swelling, restore neuromuscular communication loops, prevent kinesiophobia; gait training
- ROM: Aggressive ROM beginning post-operative day #0.
  - Focus on regaining terminal extension immediately, heel elevations, prone hangs.
  - Knee flexion ROM goal of 90 degrees.
- Modalities: Compressive cyrotherapy, e-stimulation
- Frequency: PT or home exercises 4-5days per week
- Weightbearing: As tolerated
- Brace: None
- Exercises: Quadriceps isometrics, 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 2 (2-4wks)

- PT 3 days/wk
- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress phase 1 exercises. Advance rectus femoris/anterior hip capsule stretching. Cycling, elliptical, running as tolerated.

### Phase 3 (4-12wks)

- PT 2-3days/wk
- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Add sport specific exercises as tolerated. Maintenance core, glutes, hip and balance program.