

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 |