

KNEE ARTHROSCOPIC PLICA EXCISION REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks	Full	None	Full	Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program