KNEE ARTHROSCOPY, CAPSULAR RELEASE, LYSIS OF ADHESIONS, and MANIPULATION UNDER ANESTHESIA
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks **PT 4-5 days/wk**	Full as tolerated**	None, hyperextension cast, or True Zero brace*	Full, gentle ROM as tolerated	Heel slides, calf pumps, hamstring/quad sets, patellar mobs, 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 **PT 3 days/wk**	Full	Possibly True Zero- see patient's script	Full	Progress Phase I exercises Advance rectus femoris/ Anterior hip capsule stretching Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks **PT 2-3 days/wk**	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program

*Patient will be provided instructions based off their brace. Hyperextension cast is removed by 3 days postop in clinic. True zero brace is worn day and night for first 2 weeks, then during day per our script.

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