



Lisa Kaplin, DO

KNEE ARTHROSCOPIC DEBRIDEMENT, LYSIS OF ADHESIONS, MANIPULATION UNDER ANESTHESIA REHAB

Weeks 0-2:

- MUST START PHYSICAL THERAPY IMMEDIATELY
- USE CPM MACHINE AS FREQUENTLY AS POSSIBLE DURING THE DAY
- ACTIVE AND PASSIVE RANGE OF MOTION IMMEDIATELY
- SHOULD DO PHYSICAL THERAPY OUTPATIENT 4X/WEEK IF POSSIBLE, OR AS FREQUENTLY AS POSSIBLE AND HOME PROGRAM
- SHOULD DO PHYSICAL THERAPY FOR 8 WEEKS

- Full WBAT immediately
- Crutches for 24 – 48 hrs. D/C when gait normalizes.
- Full Active/Passive ROM
- Straight leg raises, Heel Slides, Quad Sets, Calf Pumps
- Patellar Mobilization

Weeks 2-6:

- Full Weight Bearing
- Progress with ROM until full
- Wall sits, Lunges, Balance Exercises
- Closed Chain Quad Strengthening
- Modalities PRN