



Knee Arthroscopy Protocol

Capsular Release/Lysis of Adhesions/Manipulation Under Anesthesia

Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I (0-2 weeks) PT 5 session/week	As tolerated	None	As Tolerated	Heel Slides, quad/hamstring sets, prone hangs, patellar mobilizations, SLR, manual PROM, Planks, bridges, NMES for quad activation. Abs, Step-Ups and stationary bike as tolerated. May do BFRT
Phase II (2-4 weeks) PT 3 session/week	As tolerated	None	As Tolerated	Progress rehab exercise Advance rectus femoris/Anterior hip capsule stretching Cycling, elliptical, running as tolerated
Phase III (4-12 weeks) PT 2-3 sessions/week	As tolerated	None	As Tolerated	Add Sport specific exercises as tolerated. Maintenance core, glutes, hip and balance program.