

Post-operative Rehabilitation Protocol

Arthroscopic Lysis of Adhesions and Manipulation

General Guidelines	<ul style="list-style-type: none"> - Please begin therapy within 1-2 days after surgery - Therapy will be 5 days per week for first 2 weeks, followed by 2-3 days per week for next 4 weeks - You will be weight bearing as tolerated with crutches for ~1 week 		
	Range of Motion	Brace	Exercises
Therapy Phase 1 <i>Weeks 0 - 2</i>	Full active/passive ROM	None, Unless Dynasplint provided Can wean off crutches once walking without pain	Straight leg raises, heel slides, quad sets, calf pumps, patellar mobilizations, Non-weight bearing gastroc/soleus stretching, planks, bridges, stationary bike, prone PROM with capsular stretching
Therapy Phase 2 <i>Weeks 2 - 6</i>	Aggressive Full ROM	None, unless Dynasplint provided	<u>Exercises:</u> Progress Phase 1 exercises with focus on stretching and ROM
Therapy Phase 3 <i>Weeks 6+</i>	Full, pain-free ROM	None	<u>Exercises:</u> Proprioception and balance. May begin running program or sport-specific training as appropriate