

## Post-operative Rehabilitation Protocol

### Arthroscopic Lysis of Adhesions and Manipulation

<b>General Guidelines</b>	<ul style="list-style-type: none"><li>- Please begin therapy within 1-2 days after surgery</li><li>- Therapy will be 5 days per week for first 2 weeks, followed by 2-3 days per week for next 4 weeks</li><li>- You will be weight bearing as tolerated with crutches for ~1 week</li></ul>		
	Range of Motion	Brace	Exercises
<b>Therapy Phase 1</b> <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
<b>Therapy Phase 2</b> <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
<b>Therapy Phase 3</b> <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