



Plica/Arthrofibrosis/Lysis of Adhesions

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

PHASE I EXERCISES (Weeks 1 through 12)

- Extension/Flexion (wall slides, sitting, prone)
- Quad sets with straight leg raises
- Hamstring sets
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)

(Weeks 7 – 10)

- 1/3 knee bends

(Weeks 3 – 10)

- Toe and heel raises

Muscle Stretches (Weeks 1 ongoing)

- Sit and reach for hamstrings +/- towel
- Runners stretch for calf and Achilles

(Weeks 3 ongoing)

- Stork stand for quadriceps

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (begin at 3 weeks)
- Both leg bike start with no resistance (begin at 3 weeks add resistance at 6 weeks)
- Aquajogging (begin at 3 weeks)
- Swimming with fins (begin at 6 weeks)
- Elliptical trainer (begin at 12 weeks)
- Rowing (begin at 12 weeks)
- Stair stepper (begin at 16 weeks)
- Treadmill incline 7-12% very slow pace (begin at 6 weeks)

PHASE II SPORT CORD EXERCISES (begin after 7 weeks)

- Double knee bends
- Carpet drags
- Gas pedal
- Forward/backward jogging (begin at 3 months)
- Single knee bends (begin at 3 months)
- Side to side lateral agility (begin at 4months)

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PHASE III-WEIGHTS (begin after 12 weeks)

- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Abduction/adduction
- Balance squats
- Mini squats with bar

*no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES (begin after 4 months)

- Outdoor biking
- Rollerblading
- Running
- Skiing, basketball, football, soccer after 6 months
- Golf
- Agility exercises
- Mountain Bike

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