

COMPREHENSIVE PHYSICAL THERAPY

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### Sports Medicine/Foot & Ankle

### Knee Anterior Interval Release Post-Operative Protocol

#### Phase I – Maximum Protection

##### Week 0 to 2:

- Crutches: 1 to 2 weeks (per physician's instructions)

##### Goals

- Reduce pain and inflammation – utilize ice and modalities as needed
- Emphasize patella mobility
- Full range of motion

##### Exercise progression

- Quadriceps setting
- Multi-plane open kinetic chain straight leg raising
- Gait training
- Begin stationary bike as motion allows

#### Phase II – Progressive Stretching and Early Strengthening

##### Weeks 2 to 6:

##### Goals

- Full range of motion

##### Manual therapy

- Patellofemoral mobility and scar massage

##### Exercise progression

- Lower extremity stretching
- Slow progression with bilateral closed chain exercise
- Slow step-up progression
- Proprioception drills
- Pool program when incisions are fully healed
- Stationary bike, treadmill walking or elliptical trainer

#### Phase III – Advanced Strengthening and Proprioception

##### Weeks 6 to 12:

##### Exercise progression

- Terminal range stretching flexion and extension
- Continue patella and scar mobility
- Advance time and intensity on cardiovascular program
- Initiate gym strengthening program as appropriate
- Outdoor biking – easy gears
- Linear running progression at 6 to 10 weeks as instructed

#### Phase IV – Return to activity

##### Week 12 to 16:

- Follow-up examination with the physician

##### Exercise progression

- Gradually increase intensity of lower extremity strengthening, stretching, and cardiovascular training
- Advance linear running progression
- Sport specific field and court agility drills
- Sports test – may be modified on an individual basis

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