Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Open Baker's Cyst (Popliteal Cyst) Excision
Post-Operative Protocol

Phase I
Weeks 0-2

- Weightbearing—As tolerated with crutches (for balance) x24-48 hours. Progress to weight bearing as tolerated
- Range of Motion—Leg in knee immobilizer for the first 2 weeks
  - Goal: Immediate full range of motion
- Therapeutic Exercises
  - Quad and Hamstring sets
  - Heel slides
  - Co-contractions
  - Isometric adduction and abduction exercises
  - Straight-leg raises
  - Patellar mobilization

Phase II
Weeks 2-4

- Weightbearing—As tolerated
- Range of Motion—AAROM—AROM as tolerated
- Therapeutic Exercises
  - Quadriceps and Hamstring strengthening
  - Lunges
  - Wall-sits
  - Balance exercises—Core works

Phase III
Weeks 4-6

- Weightbearing—Full weightbearing
- Range of Motion—Full/Painless ROM
- Therapeutic Exercises
  - Leg press
  - Hamstring curls
  - Squats
  - Plyometric exercises
  - Endurance work
  - Return to athletic activity as tolerated