

POST-OPERATIVE REHABILITATION PROTOCOL

Arthroscopic Lysis of Adhesions

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-2 Weeks

GOALS FOR THIS PHASE

- Begin therapy the day after surgery (5x/week first week, 3x/week second week).
- Full weight bearing as tolerated immediately, unless otherwise specified.
- Achieve and maintain ROM 0-120° via CPM 6-8 hrs/day.
- Wean crutches as gait normalizes.
- Initiate quadriceps activation and patellar mobility.

Weight Bearing

- Full weight bearing as tolerated immediately, unless otherwise specified.
- Crutches for 24-48 hours; discontinue when gait normalizes.

Range of Motion

- Continuous passive motion 6-8 hrs/day.
- Begin 0-120° as tolerated; can start at lower flexion and increase as tolerated.
- Full active/passive ROM.

Therapeutic Exercises

- Straight-leg raises, heel slides, quad sets, calf pumps.
- Patellar mobilization.

Therapy Frequency

- 5x/week the first week, then 3x/week the second week.

Phase 2 | 2-6 Weeks

GOALS FOR THIS PHASE

- Maintain full weight bearing.
- Progress ROM until full.
- Initiate closed-chain quadriceps strengthening and balance work.
- Continue CPM for one additional week (2-4 hrs/day).

Weight Bearing

- Full weight bearing.

Range of Motion

- Continue CPM device for 1 additional week, 2-4 hrs/day.
- Progress with knee ROM until full.

Therapeutic Exercises

- Wall sits, lunges, balance exercises.
- Closed-chain quadriceps strengthening.

Modalities

- Modalities PRN.

Therapy Frequency

- Physical therapy 3x/week.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.