

NON-OPERATIVE REHABILITATION PROTOCOL

Non-Operative Knee

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

Comprehensive Treatment Program

GOALS FOR THIS PHASE

- Decrease pain and inflammation with modalities.
- Restore full ROM (active, active-assisted, passive).
- Progress quadriceps, hamstring, and hip strengthening.
- Address flexibility and lower-extremity kinetic-chain deficits.
- Return to functional and sport activities as tolerated.

Modalities

- Ice / massage / anti-inflammatory modalities.
- Electrical stimulation for quadriceps.

Range of Motion

- Active / active-assisted / passive.

Flexibility

- Quadriceps and hamstring stretching.
- Achilles tendon stretching.
- Iliotibial band stretching.
- Adductor/abductor stretching.

Strengthening

- Straight-leg raises / quad isometrics.
- Quadriceps strengthening.
- V.M.O. strengthening — full arc and 0-30° arc.
- Hamstring strengthening.
- Iliotibial band strengthening.
- Adductor/abductor strengthening.
- Gastrocnemius strengthening.
- Hip PREs — emphasize hip external rotation strength.

Conditioning

- Exercise bike.

- Elliptical.
- Stair climber.
- Hydrotherapy.
- Swimming.

Patellofemoral Considerations

- Medial patellar glides.
- Assess for patellar taping benefit.

Return to Sport

- Jogging.
- Running — advance speed and distance as tolerated.
- Agility exercises.
- Sprinting.
- Jumping / plyometrics.

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