

## **Lysis of Adhesions Arthrofibrosis**

Name:		DOB:	
Dr:	Emily Whicker, M.D.	Date:	

# ROM RESTRICTIONS

Full range of motion

#### BRACE SETTINGS

None

## Weight Bearing status

Weightbearing as tolerated

### T.E.D Hose

x 2 weeks

## **TIMELINES**

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

●= Do exercise for that week Week														
Initial Exercises		2	3	4	5	6	7	8	9	10	13	17	21	25
Patella/Tendon Mobilizations	•	•	•	•	•	•								
Flexion/Extension – Seated/Wall Slide		•	•	•	•	•								
Extension Heel Prop		•	•	•	•	•								
Quad Series (E-Stim, BFR)	•	•	•	•	•	•								
Hamstring Set	•	•	•											
Calf Stretch with Strap	•	•	•											
Ankle pumps	•	•	•											
Toe and Heel Raises	•	•	•											
Weight Shifts & Crutch Walking	•	•	•											
Single Leg Balance			•	•	•	•	•	•	•					
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Stationary Bike	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Aqua Jogging				•	•	•	•	•	•	•	•	•	•	•
Treadmill – Walking							•	•	•	•	•	•	•	•
Swimming with Fins							•	•	•	•	•	•	•	•
Elliptical/Rowing									•	•	•	•	•	•
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Leg Press – Double Leg			•	•	•	•	•	•						
Squats – Double Leg			•	•	•	•	•	•						
Deadlifts – Double Leg			•	•	•	•	•	•						
Heel Raises – Double Leg			•	•	•	•	•	•						
Standing Hamstring Curl			•	•	•	•	•	•						
Band Walking			•	•	•	•	•	•						
Isometric Wall Sit @ 90,60,45°			•	•	•	•	•	•						
Bridging – Double Leg			•	•	•	•	•	•						
Leg Press – Single Leg							•	•	•	•				
Reverse Lunge Static Hold							•	•	•	•				
Deadlift – Single Leg							•	•	•	•				
Ball & Single Leg Bridging							•	•	•	•				
Rear Leg Elevated Split Squat										•	•			
Lunges – Walking & Slide Disc										•	•			
Front Step Up										•	•			
Heel Raises – Single Leg										•	•			
Side Planks										•	•			
Sliding Leg Curl – Double Leg										•	•			
Advanced Balance Training										•	•	•	•	•
Squat – Single Leg											•	•	•	•
Front Step Down											•	•	•	•
Single Leg Box Drives											•	•	•	•
Single Leg Squat Y Excursions												•	•	•
Sliding Leg Curl – Single Leg												•	•	•
Nordic Hamstring Curls												•	•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	'		3	4	J	0	,	0	9	10	13	•	•	23
	Horizontal Broad Jump – Double Leg												•	•	•
Recommended	Lateral Jump – Double Leg													•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double														
& Running	Leg to Single Leg Land													•	•
D-i- 0/40	Jump Lunges													•	•
Pain < 2/10	Box Drop – Double Leg													•	•
Full Active Knee	Continuous Broad Jumping – Double Leg													•	•
Extension	Vertical/Broad Jumps – Single Leg to														
Knee flexion ROM	Single Leg Land														
≥ 95% of	Lateral Skater Hops – Single Leg														•
Uninvolved Side	Box Drop – Single Leg														•
Quad LSI <u>&gt;</u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)														•
HS LSI <u>&gt;</u> 70%	Box Drop Jumps – Double Leg														•
Quad/BW <u>&gt;</u> 60%	Box Drop Jumps – Single Leg														•
Functional Llan 9	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Functional Hop & Power Tests	Walk/Jog Program												•	•	•
LSI <u>&gt;</u> 70%	Running Progression													•	•
IKDC <u>&gt;</u> 64%	Sprinting Progression														•
1100 <u>&gt;</u> 0470	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step												•	•	•
Recommended	Standing Mountain Climbers at Wall												•	•	•
Criteria to Initiate Return to Sport	Shuffling & Grapevine												•	•	•
	Back Pedaling												•	•	•
Quad LSI ≥ 90% HS LSI ≥ 100%	Agility Ladder Drills												•	•	•
H3 L3I <u>&gt;</u> 100%	Single Leg Hopping (Clock, Square)												•	•	•
HS/QS ≥ 60%	Skipping/Bounding													•	•
Quad/BW	Deceleration Drills													•	•
Female: <u>&gt;</u> 80%	Cone Drills													•	•
Male: <u>&gt;</u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25+
Power Tests	Golf – Putt			•	•	•	•	•	•	•	•	•	•	•	•
LSI <u>&gt;</u> 90%	Chip							•	•	•	•	•	•	•	•
Y-Balance	Irons									•	•	•	•	•	•
Anterior Reach	Drivers										•	•	•	•	•
Distance < 4 cm	Play a Round											•	•	•	•
IKDC ≥ 90%	Hiking – Easy													•	•
ACL-RSI <u>&gt;</u> 60%	Hiking – Moderate														•
ACL-N31 <u>2</u> 00 /6	Hiking – Difficult														•
	Backpacking														•
	Road Biking – Flat													•	•
	Road Biking – Hills														•
	Gravel Biking													•	•
	Mountain Biking – Cross Country													•	•
	Mountain Biking – Downhill													•	•
	Snowshoeing, Nordic Skiing – Classic				-		-				-			•	•
	Nordic Skiing – Skate  Alpine Skiing, Snowboarding,														•
	Basketball, Tennis, Football, Soccer														•