

Arthroscopic Lysis of Adhesions and Manipulation Under Anesthesia **Physical Therapy Protocol**

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Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Arthroscopic Lysis of Adhesions and Manipulation Under Anesthesia

Associated Procedure (checked if performed):

- Partial Meniscectomy
- Chondral Debridement

Frequency: 3x per week for 8 weeks

CPM

- Initiate POD1 with 0-60° and increase as tolerated.
- May discontinue when 120° ROM obtained.
- Perform 3-4x per day in 2-hour sessions.

Phase I (0-2 weeks): *Initial recovery.*

- **Weightbearing:** As tolerated (WBAT) with crutches for balance. Discontinue crutches within 48 hours.
- **ROM: Aggressive ROM progression.** Progress through passive, active-assisted and active ROM as tolerated.
 - **Goal:** Full ROM by 2 weeks.
- **Therapeutic exercises:**
 - Patellar mobilizations: 5-10minutes daily
 - Electric stimulation for quad control
 - SLRs supine
 - Quad and hamstring sets
 - Heel slides
 - Ankle/hip strengthening

Phase II (2-4 weeks): *Transition phase.*

- **Rehabilitation Goals:** Advance ROM and strengthening

- **Weight Bearing:** As tolerated (WBAT).
- **Brace:** None.
- **ROM:** Maintain full ROM. Gentle passive stretching at end ranges.
- **Therapeutic Exercises:**
 - As above.
 - Begin and advance closed chain strengthening to full motion arc.
 - Add pulley weights, therabands and other modalities per PT discretion.
 - Advance to wall sits, lunges, balance ball, leg curls, leg press.
 - Initiate stationary and outdoors biking for ROM, strengthening and cardio.
 - Progress to sport-specific activities as tolerated.

__ **Phase III (4-6 wks): *Advanced phase***

- **Rehabilitation Goals:** Return to athletic activities
- **Weight Bearing:** As tolerated (WBAT).
- **Brace:** None.
- **ROM:** Full and painless.
- **Therapeutic Exercises:**
 - Advance/add resistance to phase II exercises.
 - Initiate stationary and outdoors biking for ROM, strengthening and cardio.
 - Plyometric exercises
 - Endurance work
 - Progress to sport-specific activities as tolerated.