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KNEE ARTHROSCOPIC CAPSULAR RELEASE/ LYSIS OF ADHESIONS MANIPULATION UNDER ANESTHESIA (MUA) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks 4-5 days/wk	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, Patellar mobilization; SLR, planks, bridges, abs, step-ups and stationary bike as tolerated. Supine and prone PROM/ capsular stretching with and without Tib-Fem distraction
PHASE II 2-4 weeks 3 days/wk	Full	None	Full	Progress Phase I exercises Advance rectus femoris/ Anterior hip capsule stretching Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks 2-3 days/wk	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program