

Nonoperative Knee Protocol

Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • No immobilization necessary but patient may wear a supportive (unlocked, if applicable) brace if they find this to be helpful for symptomatic management. • Wean crutches or other assist devices and progress to WBAT. • Normalization of gait pattern.
Aerobic	<ul style="list-style-type: none"> • Low-impact exercise as tolerated (stationary bike, elliptical machine, etc.) once full ROM, minimal knee swelling, and normal gait. • Advanced to walk-jog-run progression as symptoms allow. • Progress to sport-specific activities as symptoms allow.
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Progressive motion program to achieve full and symmetric knee motion with emphasis on resolution of flexion contracture if present. • Begin progressive, low-impact, strength and conditioning program once gait and motion have normalized and there is minimal swelling. Strengthening to focus on core, hip abductors, quadriceps/VMO, and hip external rotators. • Balance, proprioceptions, and stability exercises. • Depending on patient goals, may progress to plyometric, agility, and sport-specific programs and activities.
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce swelling and for muscle re-education. • Home Exercise Program (HEP) per discretion of Physical Therapist.
Goals	<ul style="list-style-type: none"> • Symptomatic management with focus on pain, swelling, and motion • Restore normal gait pattern. • Initiate low-impact strength and conditioning program with gradual progression as tolerated and as indicated based on patient-specific goals.