



## MANIPULATION UNDER ANESTHESIA – LYSIS OF ADHESIONS

### Post-Operative Rehabilitation Protocol

#### **0-2 weeks**

- Full WBAT from day 1
- Use crutches for 24-48 hours; discontinue once gait normalizes
- Full Active/Passive ROM
- Patella mobilization
- Supine SLR
- Quad sets
- Heel slides
- Ankle pumps
- Continue progressing ROM to full range
- Wall sits, lunges, and balance exercises
- Closed chain quad strengthening
- Modalities as needed

#### **Weight Bearing Status**

- WBAT

#### **ROM Restrictions**

- Full AROM/PROM starting POD 1

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery