



PES ANSERINE BURSECTOMY

Post-Operative Rehabilitation Protocol

0-2 Weeks:

- Full weight-bearing as tolerated (WBAT) from day one
- Use crutches for 24-48 hours; discontinue once gait is normalized
- Full active/passive range of motion (ROM)
- Patella mobilization
- Supine straight leg raises (SLR)
- Quad sets
- Heel slides
- Ankle pumps

2-6 Weeks:

- Full weight-bearing as tolerated
- Continue advancing range of motion (ROM) to full
- Incorporate wall sits, lunges, and balance exercises
- Progress closed-chain quadriceps strengthening
- Apply modalities as necessary (PRN)

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