



PHYSICAL MEDICINE TREATMENT PLAN

KNEE – Protocol II: Articular injury or restricted weight-bearing.

Treatment Goals

- Short Term: Full, active range of motion within three weeks.
- Long Term: Full weight-bearing and ambulation without aids. Training completed in comprehensive independent strengthening and conditioning program.

Anticipated residual pain: 0-2/10 after (DD: 9) weeks. Anticipated functional capabilities: Full function at (DD: 12) wks.

The patient will demonstrate understanding of treatment objectives and ability to perform independent exercises at conclusion of therapy. The therapist shall inquire and incorporate teaching of biomechanical principles relevant to the patient's work place activities.

Specific Treatment Plan – Week One

- Touchdown weight-bearing with crutches: 25% of body weight.
- Range of motion exercises passive and active. Mastery of exercises 1, 3, and 4 with knee exercise kit.
- Stretching to restore joint mobility and balance. Patient will be able to independently perform exercises 5, 6, 7, and other stretches as necessary.
- Strengthening – Patient instructed in independent gentle quad sets and quad activation techniques. Mastery of exercises 8 and 9 only.

Specific Treatment Plan - Week Two

- Continue prior range of motion and stretching protocol.
- Add strengthening exercises 13, 14, 15, and 16 as tolerated.
- Touchdown weight-bearing with crutches.

Specific Treatment Plan – Week Three

- Monitor range of motion and stretching exercise mastery.
- All time to be spent on strengthening using appropriate clinical facilities and instructing in additional exercises 17, 18, 19, and 20 as required.
- Touchdown weight-bearing as tolerated.

Specific Treatment Plan – Week Four

- Only focus on range of motion and stretching exercises if goal of full range of motion has not been achieved.
- Most of therapist's time should be spent in gym protocol exercises and instruction in functional exercises 21, 22, 23, 24, and 25.
- Touchdown weight-bearing as tolerated. Progress to full weight-bearing over next 2-4 weeks.

Specific Treatment Plan – Week Five

- Begin progressive weight-bearing with goal of 50 percent by week 6.
- Increase conditioning as tolerated / closed chain exercises.

Specific Treatment Plan – Week Six

- Closed chain exercises / strength / endurance.
- Achieve 50 percent weight-bearing.

Specific Treatment Plan – Week Seven

- Achieve 75 percent weight-bearing.
- Aerobic conditioning.

Specific Treatment Plan – Week Eight

- Achieve 100 percent weight-bearing.

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(Electronic signature – reviewed)