

**Tristan Juhan, MD**

Orthopedic Surgeon

Office: 408-293-7767

Email: [tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)Website: [tristanjuhanMD.com](http://tristanjuhanMD.com)

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

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 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
<b>PHASE II</b> 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
<b>PHASE III</b> 4-12 weeks  2-3 days/wk	Full	None	Full	Add sport-specific exercises as tolerated  Maintenance core, glutes, hip and balance program