

Knee Pain/Knee Strain/IDK/DJD/Tendonitis

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: 0 – 3 weeks

Goals for Phase I:

1. 0°-120° active range of motion
 2. Demonstrates good quad/ham muscle tone
 3. Normal gait
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- A. Orthotics: Knee brace for stability as needed
 - B. Gait training: Use crutches as needed, progress to full weight bearing within 2 weeks
 - C. ROM: Work to restore full A/PROM using heel slides, wall slides, stationary bike etc.
 - D. Flexibility: Calf, quad, and hamstring stretching
 - E. Strengthening: Begin with isometrics-quad, ham, add sets; straight leg raises, PRE's: theraband, tubing, cuff weights, closed chain exercises (use swelling as an indicator to increase or decrease intensity)
- A. Balance/proprioception: Begin standing on one leg-eyes open/closed, BAPS board standing etc.
 - B. Modalities: Use for pain, inflammation, swelling control, and muscle re-education as needed
 - C. Soft tissue management: swelling control, patellar mobilizations

Phase II: 3 – 6 weeks

Goals for Phase II:

1. Normal active range of motion
 2. Good-Normal quad/ham strength
 3. Begin sports/work activities
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- A. Orthotics: Continue as needed.
 - B. ROM: Continue as needed
 - C. Strengthening: More aggressive PRE's, weight bearing exercises etc.
 - D. Functional activities: Begin job/sport-specific drills-hopping, cariocas, climbing, etc.

Phase III: 6 weeks to release

Goals for Phase III:

1. Return to full activity
 2. Normal strength
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- A. Continue strengthening/conditioning/functional activities as needed