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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Knee Plica Excision

0–2 Weeks RECOVERY

- Full WBAT immediately; crutches for 24 – 48 hrs. D/C when gait normalizes; full active/Passive ROM
- SLR, Heel Slides, Quad Sets, Calf Pumps; patellar mobilization

GOALS Full ROM · Normal gait

2–6 Weeks STRENGTHEN

- Full Weight Bearing; progress with ROM until full; wall sits, lunges, balance exercises; closed chain quad strengthening
- Modalities PRN

GOALS Return to activity

Return to Sport & Discharge Criteria

- Full pain-free ROM, no effusion, normalized gait and quad strength
- Return to sport/work when activity is pain-free and cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

