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Procedure: _____

PT PROTOCOL

# Manipulation Under Anesthesia (MUA) and Lysis of Adhesions

Rehabilitation Protocol

## Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status depends on the specific procedure performed, intraoperative findings, and radiographic healing. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ **Non-weight-bearing** ☐ **Toe-touch / partial weight-bearing** ☐ **Weight-bearing as tolerated**

Brace / precautions: _____

1 **Week 0–1**
Restore motion; touchdown WB, CPM per PT guidance

2 **1–6 Weeks**
Advance to full WB; discontinue crutches

3 **6 Weeks**
Full WB & ROM; begin sport-specific rehab

4 **12 Weeks**
Gradual return to jumping/cutting/pivoting sports

*Milestones above are goals, not guarantees; progression is criterion-based.*

## Phase 1 Weeks 0–1

**Weight-Bearing:** Touchdown weight-bearing (20–30% body weight) for 1 week; no bracing.

**Range of Motion:** Continuous passive motion (CPM), 6–8 hours/day for the duration of Phase 1. Set to 1 cycle/minute, starting at a comfortable flexion angle, advancing 10° per day until full flexion is achieved. Passive range of motion and stretching under PT guidance.

### Therapeutic Exercises

- Quad and hamstring isometrics.
- Heel slides.

## Phase 2 Weeks 1–6

**Weight-Bearing:** Advance to full weight-bearing as tolerated; discontinue crutch use.

**Range of Motion:** Advance to full, painless ROM.

### Therapeutic Exercises

- Closed-chain extension exercises.
- Hamstring curls.
- Toe raises.
- Balance exercises.
- Begin use of stationary bicycle/elliptical.

## Phase 3 Weeks 6–12

**Weight-Bearing:** Full.

**Range of Motion:** Full and painless.

### Therapeutic Exercises

- Advance closed-chain strengthening exercises, proprioception activities.
- Sport-specific rehabilitation.
- Gradual return to athletic activity as tolerated, including jumping, cutting, and pivoting sports.
- Maintenance program for strength and endurance.