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**MIDWEST
ORTHOPAEDICS
AT RUSH**

Physical Therapy Protocol: Acute Knee Injury Rehab/Pre-surgical Rehab

- **Physician Goals:** Swelling/inflammation management, restore strength and motion
- **Exercises:** Heel slides, patellar mobilization (not lateral if patellar dislocation), quad/hamstring sets, gastroc soleus stretch, straight leg raise with knee in full extension, advance core, glutes and pelvic stability, normalize gait
- **ROM** - progress through passive and active ROM, heat before, ice after, work on full ROM as tolerated

Brace:

- Acute patellar dislocation: should be worn for 6 weeks at all times outside of ROM exercises
- ACL: can d/c brace as able
- MCL: brace on 24/7, may remove to shower if seated