

Knee Arthroscopic Suprapatellar Pouch Release or Plica Excision Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	As tolerated	None	As tolerated	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR, stationary bike as tolerated
Phase 2 2-4 weeks	Full with normal gait pattern	None	Full	Progress Phase 1 exercises and initiate sport specific activities Cycling, elliptical and running as tolerated Advance core work with hip, gluteal and core strengthening
Phase 3 4-12 weeks	Full	None	Full	Progress sport-specific exercises Maintain core work with hip, gluteal and core strengthening

SLR - Straight-leg raise;

Matthew A. Varacallo MD
Penn Highlands Healthcare – Orthopaedic Surgery & Sports Medicine
145 Hospital Avenue, Suite 301
DuBois, PA 15857
O: 814-375-6200
F: 814-375-6452