

# Nonoperative Knee Protocol

Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• No immobilization necessary</li> <li>• WBAT</li> <li>• Wean crutches or other assist devices (if being used)</li> <li>• Normalization of gait pattern</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• Non-impact exercises as tolerated (stationary bike, elliptical machine, etc.) once full ROM, minimal knee swelling, and normal gait</li> <li>• Advanced to walk-jog-run progression when pain and swelling levels allow</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Focus on achieving full and symmetric knee ROM, particularly resolution of any flexion contracture</li> <li>• Low-impact strength and conditioning program once full ROM, minimal knee swelling, and normal gait</li> <li>• Strengthening to focus on quadriceps, core, hip abductors, and hip external rotators</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>
Goals	<ul style="list-style-type: none"> <li>• Decrease and control pain</li> <li>• Decrease and control swelling</li> <li>• Restore full and symmetric knee ROM</li> <li>• Restore normal gait pattern</li> <li>• Initiate low-impact strength and conditioning program</li> </ul>