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## Physical Therapy Prescription - Loose Body Removal

Procedure: Knee arthroscopic, loose body removal

Frequency: 2-3 times per week for 6 weeks

#### PHASE I (Weeks 0 - 2): decrease edema, activate quadriceps

- Weightbearing: As tolerated; okay to use crutches for 2-3 days if needed
- Brace: None
- Range of Motion: AAROM → AROM as tolerated
- Therapeutic Exercises: Patellar mobs, quad/hamstring sets, heel slides, step-ups, straight-leg raises, stationary bike as tolerated; core exercises
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase II (Weeks 2 - 4)

- Weightbearing: As tolerated
- Brace: None
- Range of Motion: Full
- Therapeutic Exercises: Progress Phase I exercises; lunges, wall-sits; add cycling and elliptical
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

# Phase III (Weeks 4 – 6)

- Weightbearing: As tolerated
- Brace: None
- Range of Motion: Full
- Therapeutic Exercises: Progress Phase II exercises; add plyometrics and sport-specific exercises; add running; return to athletic activity as tolerated at week 6
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Signature:	Date: