



REHABILITATION PROTOCOL: NON-OPERATIVE KNEE PAIN

DR. KEVIN SHEPET

- Hip abductor and Glute strengthening \Rightarrow must be able to perform one legged squat with knee control by discharge of therapy
- Hip/core strengthening \Rightarrow pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Iliotibial Band, hamstring, buttocks stretching \Rightarrow must develop a daily home program to continue after discharge from PT (foam roller)
- Hip abductor and adductor strengthening
- Calf stretching
- Patellar and soft tissue mobilization
- Knee proprioception with stairs and boxes
- Blood flow restriction therapy for low load / stress

Dr. Kevin Shepet

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