

**Dr. Craig Chike Akoh, M.D.**  
**KNEE ARTHROSCOPIC PLICA EXCISION**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> <i>0-2 weeks</i>	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
<i>PHASE II</i> <i>2-4 weeks</i>	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
<i>PHASE III</i> <i>4-12 weeks</i>	Full	None	Full	Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.