

## Arthroscopic Anteromedial Plica Resection Rehabilitation

### PRECAUTIONS:

- Control knee capsular & synovial inflammation
- No pain on anteromedial aspect of knee
- Reduce any fibrosis reaction of resected plica
- Avoid deep squatting, resisted knee extension (deep angles)
- Caution on stairs, sitting, etc...

### I. **PHASE I: MAXIMUM PROTECTION PHASE (Weeks 1-4)**

**Goals:** Reduce inflammation/effusion & reaction of synovium  
 Allow early healing  
 Full passive knee extension  
 Gradually increase knee flexion  
 Restore quadriceps activation

#### Stage 1: Immediate post-surgery days 1 through 10

- Ice, compression, elevation
- Compression wrap to control swelling
- Weight bearing on crutches for 2 weeks
- ROM (passive ROM) to tolerance – gradually increase knee flexion
- Patellar mobilizations
- Stretch hamstrings, calf, hip flexors
- Electrical muscle stimulation to quads during quad strengthening exercises
- Strengthening exercises:
  - Quad sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee extension 60-0 degrees
- Mini-squats (0-45 degrees)
- Avoid resisted knee flexion
- Continue ice before & after treatment

#### Stage 2: Weeks 2 through 4

- Continue use of ice and compression
- Discontinue crutches at 2 weeks post-operative
- Continue compression wrap etc
- ROM guidelines
  - Gradually increase PROM as tolerance allows
  - End of Week 2: 0-115 degrees
  - End of Week 3: 0-115/120 degrees
  - End of Week 4-5: 0-125/135 degrees

\*Discontinue crutches when safe and proper gait (usually 2-3 weeks)

- Continue PROM exercises and stretching
- Strengthening exercises (**see attached sheet Phase 1 exercises**)
  - Continue use of electrical muscle stimulation
  - Quad sets

- Multi-angle isometrics (knee ext) (**non-painful ROM only**)
- SLR (all 4 planes)
- Knee extension 60-0 degrees
- CKC mini-squats 0-45 degrees
- CKC wall squats (0-60)
- Initiate CKC exercise program
  - Front lunges (week 3)
  - Lateral lunges
  - Front step downs
  - Lateral step downs
  - Step-over cones (forward & lateral)
- Balance training (foam drills, tilt board squats, etc)
- Bicycle
- Pool exercises at week week 3-4)

## II. PHASE II: INTERMEDIATE PHASE (Weeks 4-8)

**Goals:** Full PROM & AROM  
 No swelling/inflammation  
 No anterior knee pain (near plica location)  
 Improve muscle strength  
 Normalize gait pattern  
 Gradually increase functional activities

- Continue use of ice and compression as needed
- Continue ROM and stretching to maintain 0-135 degrees
- Progress strengthening exercises
  - Leg press 70-0 degrees
  - Knee extension 90-40 degrees
  - Hip Abd/Adduction
  - Wall squats 0-60 degrees
  - Vertical squats 0-60 degrees
  - Lateral step-ups
  - Front step downs
  - Hamstring curls (watch knee flexion angle)
- Balance/proprioception training
  - Biodex stability
  - Squats rocker board
  - Cup walking (step overs)
  - Squats on foam
  - Standing on foam with plyoball
- Bicycle
- Pool program (may begin pool running)
  - Pool walking at week 4
  - Pool running at week 6-7
- Elliptical
- Continue stretching & ROM exercises
- Laser to anterior aspect of knee

## III. PHASE III: ADVANCED ACTIVITY PHASE (Weeks 9-12/14)

**Goals:** Improve strength and endurance  
 Maintain full ROM  
 Gradually increase applied stress

**Week 9**

- Continue all strengthening exercises listed above (**Phase II exercise sheet**) see attached sheet
- Treadmill walking program
- Continue stretching & ROM exercise

**Week 12**

- Initiate Interval Throwing Program
- Initiate Interval Hitting Program
- Continue strengthening and stretching program (**Phase II exercises**)
- Progress pool exercises & running

**Week 14:**

- Initiate interval running program
- Walk & Run program

**IV. PHASE IV: RETURN TO ACTIVITY PHASE (Months 4-5)**

**Goals:** Improve strength & endurance  
Initiate Sports Specific Programs  
Prepare for unrestricted activities

**Criteria to progress to Phase IV**

- Full non-painful ROM
- No pain or tenderness
- Satisfactory clinical exam
- Satisfactory muscular strength

**Functional Drills:**

- Begin Infield Drills, fielding drills, & baseball specific drills (week 16)
- Able to perform normal throwing program
- Able to perform batting practice

**Exercises**

- Continue & progress all strengthening exercises and stretching drills (Phase II & III drills)
- Deep squatting permitted at 4 months
- Perform all exercises in non-painful ROM
- Continue stretching quadriceps, hip flexors, hamstrings & calf