



Pediatric Orthopedic and Scoliosis Center  
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

## Dr. Tysklind's Advanced Knee PT Protocol

Diagnosis:

Procedure date:

S/P:

### EVALUATION & TREATMENT:

- Begin **progressive weight-bearing strengthening exercises**, with focus on:
  - o Leg press (Double leg and single leg, progressing towards strength of non-affected limb)
  - o Squats
    - Optimize form, with knees over feet and prevention of valgus thrust
    - Avoid deep squats/hyperflexion (beyond 100 degrees)
    - Add weight, progress reps as tolerated
  - o Step ups and side step up/downs Advance to lunges and side lunges
  - o Stationary bike (60 RPM minimum with increasing resistance)
  - o Leg extensions (eccentrics, as tolerated...may eliminate if prohibitive patellofemoral pain)
  - o Hamstring strengthening (leg curls, Romanian deadlifts, bridge → advance to single-leg bridge)
  - o Hip/core stabilization exercises (e.g. hip ABD/ERs to optimize knee function/form)
  - o Balance/proprioception: static and dynamic balance activities
  - o Slide board (if available)
- Please clear for/advance to **straight ahead running** only when operative side Q/HS strength = **70%** strength of contralateral/non-operative side
  - o Manual muscle testing should not be used alone to estimate
  - o Single leg press test: E.g. if non-op sided reps for a given weight=20, and operative-sided reps=15, then strength estimate is 75%
  - o Encourage initial running to be light jogging on soft surfaces (e.g. rubberized track, running shoes on dry field, soft treadmill) before advancing to trail running or pavement
- Please clear for/advance to **agility exercises** (plyometrics, jumping, landing, lateral movements, sports-specific exercises) only when op side Q/HS strength = **90%** strength of non-op side
  - o Please assess for full return to sports at some point in the next \_\_\_\_\_ weeks/months, which entails testing for symmetrical/full strength, symmetrical balance/stability, symmetrical performance w/ agilities/sports-specific exercises
- Thank you for your great care!

