VANDERBILT HEALTH

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KNEE PAIN (Non-Operative)
REHABILITATION PROTOCOL

- Hip abductor and Glute strengthening → must be able to perform one legged squat with knee control by discharge of therapy
- Hip/core strengthening → pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Iliotibial Band, hamstring, buttocks stretching → 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