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Physical Therapy Prescription Manipulation Under Anesthesia

Patient Name: _____

Date: _____

Dx: (LEFT/RIGHT) KNEE MUA

RECOVERY / RECUPERATION 0-2 WEEKS

- ___ Restore ROM quickly. Focus extension (Weighted prone and supine hangs based on pain)
- ___ Quad exercises for first 1-2 weeks (Quad set, SLR, SAQ, TKE)
- ___ PWB – FWB based on pain.
- ___ SLR (Okay to add weight if no lag up to 5#. Once patient reaches 5#, progress to CKC strengthening in brace)
- ___ Heel slides, wall slides, PROM
- ___ Stationary biking, low resistance
- ___ Gait training. Okay to use Alter-G. WB progression as pain and function allow.

LIMITED MOBILITY PHASE 2-6 WEEKS

- ___ Goal of full ROM by 4 weeks. NO ROM restrictions
- ___ Begin walk/treadmill program.
- ___ Okay to begin pool walking once incisions are fully closed and clear of signs of infection
- ___ Upper body strength program (Vertical Push and Pull, Horizontal Push and Pull) while seated or laying down
- ___ Rotation and anti-rotation exercises for trunk

FULL MOBILITY PHASE 6+ WEEKS

- ___ Continue / progress CKC strength, focus squat and deadlift variations
- ___ Stress activities that demand neuromuscular control over knee during dynamic movements in controlled and supervised environment
- ___ Maintain ROM, specifically extension
- ___ Biking, hiking, and swimming okay based on strength and dynamic control of knee

Frequency & Duration: (circle one) 1-2 2-3 x/week for ____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**