



333 South Kirkwood Road, Suite 200  
Kirkwood, MO 63122  
Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

**Nathan A. Mall, MD**

**Collin Magilligan, NP**

## **Rehabilitation Protocol**

Knee pain is highly influenced by the muscles, tendons, and ligaments in and surrounding the knee. The best, least invasive, and health way to combat this is with stretching and strengthening. Coupled with a health weight and diet, these rehab exercises and rehabilitation protocol will help maintain a health functional knee.

- Outpatient pain medication and modalities – ice, ultrasound, etc
- Biofeedback
- Manual therapy per therapist discretion and patient tolerance
- Taping, orthotics PRN
- Closed chain quad strengthening, VMO strengthening, gluteal strengthening
- Stretching to lateral retinaculum, hamstring, IT Band, and quad stretching
- Home Exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session
- Home Exercise program for strengthening 4-5 times per week, once a day. Stress importance of home program, ice after exercises
- Core Strengthening