



**ARTHROGENIC MUSCLE
INHIBITION (AMI)
EXERCISES**



Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L ARTHROGENIC MUSCLE INHIBITION (AMI) EXERCISES

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

ARTHROGENIC MUSCLE INHIBITION (AMI) EXERCISES

Perform 100 reps of each exercise EVERY DAY

Icing

- Ice on both quads for 20 minutes before exercises.

Static Quad Activation

- Place rolled towel or small pillow under knee with leg straight on surface.
- “Squash the towel” into the floor (attempt to straighten your leg into the towel/pillow)

Active Knee Extensions

- Sit on edge of bed, straighten your knee against gravity as much as possible

Isometric Knee Extensions at 60 degrees / 90 degrees

- Bend knee to 60 degrees, wrap belt around ankle
- “Kick” ankle into belt and hold for 10-20 seconds each rep
- Repeat with knee bent at 90 degrees

Modalities for Therapist

1. Cryotherapy
2. Neuromuscular Electrical Stimulation (NMES)
3. Transcutaneous Electrical Nerve Stimulation (TENS) – high-frequency before and after
4. Blood Flow Restriction Training (BFRT)
5. Maximal Voluntary Isometric Contraction Training (MVIC)

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