



**KNEE LYSIS OF ADHESIONS  
WITH MANIPULATION  
UNDER ANESTHESIA (MUA)**



**STEPHEN THON, MD**  
ORTHOPEDIC & SPORTS MEDICINE SURGEON  
www.stephenthonmd.com

**Physical Therapy Prescription**

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

**Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Diagnosis:** R / L Knee Lysis of Adhesions with Manipulation Under Anesthesia

**Frequency:** 1-5 times per week (see below) for 12 weeks, Therapy to start within 24 hours after surgery

**PHASE I (0-2 Weeks)**

\*Exercises/PT to be performed 4-5x/week\*

**WBS:** WBAT

**ROM:** As tolerated

**Exercises:** Supine and prone PROM/capsular stretching with and without Tib-Fem distraction  
Heel slides, quad/hamstring sets  
Patellar mobilization; SLR, planks, bridges, abs, step-ups and stationary bike as tolerated.

**PHASE II (2-4 Weeks)**

\*Exercises/PT to be performed 3x/week\*

**WBS:** WBAT

**ROM:** Full

**Exercises:** Progress Phase I exercises  
Advance rectus femoris/ Anterior hip capsule stretching  
Cycling, elliptical, running as tolerated

**PHASE III (4+ Weeks)**

\*Exercises/PT to be performed 1-3x/week\*

**WBS:** WBAT

**ROM:** Full

**Exercises:** Add sport-specific exercises as tolerated  
Maintenance core, glutes, hip and balance program

**Signature:** \_\_\_\_\_

**Date:**

**Stephen G. Thon, MD**

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121