

SCOTT SPANN, M.D.
Board Certified, Orthopaedic Surgery
Spine Fellowship Trained

THOMAS BURNS, M.D.
Board Certified, Orthopaedic Surgery
Sports Medicine Fellowship Trained

FROSTY D.R. MOORE, M.D.
Board Certified, Orthopaedic Surgery

MATTHEW J. CRAWFORD, D.O., Ph.D.
Sports Medicine Fellowship Trained



Knee Rehabilitation Protocol

Thomas P. Burns, MD

Strengthening

-Quadriceps, hamstrings, gastrosoleus, abductors, adductors

Range of motion

Proprioceptive training

Patellar mobilization

Cardiovascular exercise education

Modalities as needed

***If the patient is post-op from knee arthroscopy, add swelling and inflammation programs.