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### **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.