

Name \_\_\_\_\_

Therapist \_\_\_\_\_

Physician \_\_\_\_\_



## Patient Flow Sheet

proaxistherapy™

# Non-operative Knee Guidelines

## Phase 1 – MOTION AND MOBILITY

Patellar mobilizations, including quad & patellar tendon  
Quad set progressing to SLR (with NMES, biofeedback)  
Open- and closed-chain terminal knee extension (TKE)  
Open-chain hip strengthening  
ROM: emphasize full extension, heel/wall slides for flexion  
Bike for motion

## Phase 2 – ENDURANCE

Closed-chain progression (including squat, lunge, step-up, bridge)  
Progress from double leg to single leg; from stable to unstable surfaces  
Balance progression  
Bike for cardiovascular fitness

**For Athletes:** Check Y-Balance

*\*Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

## Phase 3 – STRENGTH

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments

**For Athletes:** Initiate squat jump progression from shuttle to gravity dependent position  
Check Y-Balance  
Sport Cord Test

## Phase 4 – AGILITY, POWER, RETURN TO SPORT

**For Athletes:** Sport-specific movement patterns practiced in supervised and controlled environment  
Graded re-integration into sport activities with MD and PT clearance

**Return to Activities** See functional criteria

Timelines dependent on symptoms and functional criteria

**Surgeon Comments:**