

# Loose Body Removal

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> PT 1-2x/week HEP daily	Edema and pain control Maintain full extension Limit quad inhibition ROM As tolerated	WBAT Avoid prolonged standing/walking No reciprocal stair ambulation	Quadriceps isometrics & re-education Patella mobilization Emphasize full passive extension P/A/AAROM flexion/extension Proprioception training Hip progressive resisted exercises
<b>Weeks 2-6</b> PT 2-3x/week HEP daily	Full ROM Minimal swelling Normalize gait Ascend/Decent 8" stair Reciprocate stairs Return to normal ADLs	WBAT Avoid pain with therapeutic exercises and functional activities	Continue above Advance flexibility and proprioception Leg press Step up/step down program Elliptical
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Full ROM Return to normal activity Run pain free Maximize strength/flexibility	WBAT Avoid pain with therapeutic exercises and functional activities Return to sport (MD directed)	Continue above Initiate running when able to descend 8" step without pain/deviation Plyometrics Agility and sport specific training Advance proprioception Advance LE strengthening

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