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The Knee Preservation Center

MISHA PROTOCOL

Please share this with your physical therapist, and contact us if there are any questions.

POST OPERATIVE TIME →	0-10 days	11-35 days	36-42 days	7-8 weeks	9-12 weeks	4 months	5 months	6-12 months
		Initiate Physical Therapy 6 weeks						
Activities of Daily Living								
Walking	✓	✓	✓	✓	✓	✓	✓	✓
Squatting	✓	✓	✓	✓	✓	✓	✓	✓
Showering	✓	✓	✓	✓	✓	✓	✓	✓
Bath / Hot tub / Sauna		✓	✓	✓	✓	✓	✓	✓
Range-of-motion goals								
0°-90°	✓	✓	✓	✓	✓	✓	✓	✓
0°-120°		✓	✓	✓	✓	✓	✓	✓
Full ROM			✓	✓	✓	✓	✓	✓
Patella mobilization	✓	✓	✓	✓	✓	✓	✓	✓
Stretching								
Hamstring	✓	✓	✓	✓	✓	✓	✓	✓
Gastric-soleus	✓	✓	✓	✓	✓	✓	✓	✓
Iliotibial band	✓	✓	✓	✓	✓	✓	✓	✓
Quad	✓	✓	✓	✓	✓	✓	✓	✓
Strengthening		✓	✓	✓	✓	✓	✓	✓
Active knee extension	✓	✓	✓	✓	✓	✓	✓	✓
Quadriceps isometrics	✓	✓	✓	✓	✓	✓	✓	✓
Straight leg raises	✓	✓	✓	✓	✓	✓	✓	✓
Closed-chain strengthening:								
Calf raises w/ knee in extension	✓	✓	✓	✓	✓	✓	✓	✓
Wall sits		✓	✓	✓	✓	✓	✓	✓
Squats		✓	✓	✓	✓	✓	✓	✓
Lunges			✓	✓	✓	✓	✓	✓
Open-chain strengthening:								
Knee extension quadriceps 0°-90°		✓	✓	✓	✓	✓	✓	✓
Knee flexion hamstrings 0°-90°		✓	✓	✓	✓	✓	✓	✓
Multi-hip		✓	✓	✓	✓	✓	✓	✓
Hip abduction-adduction		✓	✓	✓	✓	✓	✓	✓
Balance/proprioceptive training								
Weight-shifting		✓	✓	✓	✓	✓	✓	✓
BAPS		✓	✓	✓	✓	✓	✓	✓
BBS		✓	✓	✓	✓	✓	✓	✓
Mini-trampoline		✓	✓	✓	✓	✓	✓	✓
Plyometrics				✓	✓	✓	✓	✓
Conditioning								
Upper body ergometer (optional)	✓	✓	✓	✓	✓	✓	✓	✓
Swimming - freestyle			✓	✓	✓	✓	✓	✓
Aquatic program			✓	✓	✓	✓	✓	✓
Bike (stationary)		✓	✓	✓	✓	✓	✓	✓
Stair climbing machine		✓	✓	✓	✓	✓	✓	✓
Ski machine			✓	✓	✓	✓	✓	✓
Running: straight - ease in SLOWLY					✓	✓	✓	✓
Cutting							✓	✓
Lateral carioca					✓	✓	✓	✓
Figure 8s					✓	✓	✓	✓
Full sports at 6-12 months depending on strength								✓