



MISHA PROTOCOL

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

POST OPERATIVE TIME \longrightarrow	0-10 days	11-35 days	36-42 days	7-8 weeks	9-16 weeks	4 months	5 months	6-12 months
Activities of Daily Living								
Walking	~	~	~	~	~	~	~	~
Squatting	~	~	~	~	~	~	~	~
Showering Bath / Hot tub / Sauna	~	~	~	✓	~	~	~	~
Bain / Hor lab / Sauna		~	~	~	~	~	~	~
Range-of-motion goals								
0°-90°	~	~	~	~	~	~	~	~
0°-120°		~	~	~	~	~	~	~
Full ROM			~	~	~	~	~	~
Patella mobilization	~	~	~	~	~	~	~	~
Stretching								
Hamstring	~	~	~	~	~	~	~	~
Gastroc-soleus	~	~	~	~	~	~	~	~
lliotibial 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					~	~	~	~