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## **Non-Operative Physical Therapy Protocol Knee Pain**

- BFR- for strengthening (Focus on quad, can include hamstring, hip abductors, adductors)
- Hip abductor and Gluteal strengthening → must be able to perform one legged squat with knee control by discharge of therapy
- Hip/core strengthening →pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Iliotibial Band, hamstring, buttocks stretching → must develop a daily home program to continue after discharge from PT
- Hip abductor and adductor strengthening
- Calf stretching
- Patellar and soft tissue mobilization
- Knee proprioception with stairs and boxes