

**OA Protocol
Dr. Schaap**

Time Frame	Treatment	Goals
Phase I	<ul style="list-style-type: none"> -ROM, AAROM, AROM (as tolerated) -Open chain LE strengthening- (no machines) -Stationary bike-pain free Resistance-cardio -Initial neuromuscular exercises 	
Phase II (return every 2 weeks for 6 weeks)	<ul style="list-style-type: none"> -Continue ROM as needed -Limit closed chain PRE's- Pre Pain -continue stationary bike -Progress neuro/proprioception-per pain <p>Edema control–Game ready, stockinettes Pain management–Game ready, stockinettes, electrical stim Gait training–as indicated–1/2 crutch–to full weightbearing</p>	
Phase III	<ul style="list-style-type: none"> -Return to activity -Full ROM, AROM, PROM–AROM as needed -Continue close chain–per pain 	