



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

DEGENERATIVE JOINT DISEASE NON-OPERATIVE PROTOCOL

PHASE I – INFLAMMATORY PHASE:

- Modalities to control inflammation
 - Prescription anti-inflammatories
 - Ice
 - Clinical modalities as needed
- Evaluate and treat lumbar, sacral, and pelvic dysfunction
- Evaluate for corrective orthotics
- Implement appropriate, selective stretching
 - Iliotibial band
 - Hamstrings
 - Quadriceps
 - Gastrocnemius/soleus
 - Piriformis
- Apply appropriate patella mobilizations
 - Evaluate lateral retinaculum and apply patellar tilt mobilization when indicated
- Begin early VMO/quadriceps strengthening
 - Quad setting
 - Multi-plane straight leg raising
 - Open kinetic chain multi-plane hip strengthening
- Cardiovascular exercise
 - Stationary bike
 - Modify weight bearing activities
- Initiate aquatic exercise and walking program at chest level water progressing to waist level as tolerated

PHASE II – SUBACUTE AND EARLY STRENGTHENING PHASE:

- Continue with appropriate Phase I activities progressing as tolerated
- Advance strengthening program
 - Proprioception
 - Use caution with closed kinetic chain exercise

PHASE III – ADVANCED STRENGTHENING:

- Continue with consistent stretching and phase I/II exercise program
- Begin gym strengthening as appropriate
- Advance light weight bearing cardiovascular exercises (walking/elliptical trainer)

**This protocol is intended to provide a general guideline to treating degenerative joint disease of the knee. Progress should be modified on an individual basis.