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COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT Brandon Heyda OTR/CHT Raymond Ryan PT/Director Valerie Peckingham PT Isabella Mesturini PT,DPT

Peckingham PT Kirsten Perillo PTA Mesturini PT,DPT

Peter Ives PTA

Megan R. Wolf, MD Sports Medicine/Foot & Ankle

Open Baker's Cyst (Popliteal Cyst) Excision Post-Operative Protocol

Phase I

Weeks 0-2

- Weightbearing—As tolerated with crutches (for balance) x24-48 hours. Progress to weight bearing as tolerated
- Range of Motion—Leg in knee immobilizer for the first 2 weeks
 - Goal: Immediate full range of motion
- Therapeutic Exercises
 - Quad and Hamstring sets
 - Heel slides
 - Co-contractions
 - Isometric adduction and abduction exercises
 - Straight-leg raises
 - Patellar mobilization

Phase II

Weeks 2-4

- Weightbearing—As tolerated
- Range of Motion—AAROM—AROM as tolerated
- Therapeutic Exercises
 - Quadriceps and Hamstring strengthening
 - Lunges
 - Wall-sits
 - Balance exercises—Core works

Phase III

Weeks 4-6

- Weightbearing—Full weightbearing
- Range of Motion—Full/Painless ROM
- Therapeutic Exercises
 - Leg press
 - Hamstring curls
 - Squats
 - Plyometric exercises
 - o Endurance work
 - Return to athletic activity as tolerated