

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L CHT  
Brandon Heyda OTR/CHT

Raymond Ryan PT/Director  
Valerie Peckingham PT  
Isabella Mesturini PT,DPT

Peter Ives PTA  
Kirsten Perillo 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
  - Endurance work
  - Return to athletic activity as tolerated