



ROSENBERG COOLEY METCALF  
THE ORTHOPEDIC CLINIC AT PARK CITY

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**DJD Knee**  
**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.