



# SCHOOL OF MEDICINE

DEPARTMENT OF  
ORTHOPAEDICS & REHABILITATION

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## **Rehabilitation Protocol**

### **Knee pain**

**Please Evaluate and Treat as appropriate**

**Frequency: 1-2 X Week for 8-12 Weeks**

- **Quad, Core, Hip Strengthening, Kinetic chain exercises,**
- **Increase range of motion, decrease pain, strengthening and stretching**

**Modalities as necessary.**