



**SCHOOL OF
MEDICINE**
DEPARTMENT OF
ORTHOPAEDICS & REHABILITATION

Christopher Shultz MD, Gehron Treme MD, Andrew Veitch MD, Dustin Richter MD,

**C. Suki Pierce PA-C
UNM SPORTS MEDICINE**

1213 University Blvd NE, MSC10 5600, 1 University of New Mexico; Albuquerque, NM 87131-0001

Phone: 505-272-2231 Fax: 505-925-4015

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, Balance and Proprioceptive Training**
- **Increase range of motion, decrease pain, strengthening and stretching**

Modalities as necessary.