

MISHA Protocol

Please share this with your physical therapist and contact us if there are any questions.

		Initiate Physical Therapy 1 week							
Post operative time	→	0-10 days	11-35 days	36-42 days	7-8 weeks	9-16 weeks	4 months	5 months	6-12 months
Activities of Daily Living									
Walking		✓	✓	✓	✓	✓	✓	✓	✓
Squatting		✓	✓	✓	✓	✓	✓	✓	✓
Showering		✓	✓	✓	✓	✓	✓	✓	✓
Bath / Hot tub / Sauna			✓	✓	✓	✓	✓	✓	✓
Range-of-motion goals									
0°-90°		✓	✓	✓	✓	✓	✓	✓	✓
0°-120°			✓	✓	✓	✓	✓	✓	✓
Full ROM				✓	✓	✓	✓	✓	✓
Patella mobilization		✓	✓	✓	✓	✓	✓	✓	✓
Stretching									
Hamstring		✓	✓	✓	✓	✓	✓	✓	✓
Gastroc-soleus		✓	✓	✓	✓	✓	✓	✓	✓
Iliotibial band		✓	✓	✓	✓	✓	✓	✓	✓
Quad		✓	✓	✓	✓	✓	✓	✓	✓
Strengthening									
Active knee extension		✓	✓	✓	✓	✓	✓	✓	✓
Quadriceps isometrics		✓	✓	✓	✓	✓	✓	✓	✓
Straight leg raises		✓	✓	✓	✓	✓	✓	✓	✓
Closed-chain strengthening:									
Calf raises w/ knee in extension		✓	✓	✓	✓	✓	✓	✓	✓
Wall sits			✓	✓	✓	✓	✓	✓	✓
Squats			✓	✓	✓	✓	✓	✓	✓
Lunges				✓	✓	✓	✓	✓	✓
Open-chain strengthening:									
Knee extension quadriceps 0°-90°			✓	✓	✓	✓	✓	✓	✓
Knee flexion hamstrings 0°-90°			✓	✓	✓	✓	✓	✓	✓
Multi-hip			✓	✓	✓	✓	✓	✓	✓
Hip abduction-adduction			✓	✓	✓	✓	✓	✓	✓
Balance/proprioceptive training									
Weight-shifting			✓	✓	✓	✓	✓	✓	✓
BAPS			✓	✓	✓	✓	✓	✓	✓
BBS			✓	✓	✓	✓	✓	✓	✓
Mini-trampoline			✓	✓	✓	✓	✓	✓	✓
Plyometrics					✓	✓	✓	✓	✓
Conditioning									
Upper body ergometer (optional)		✓	✓	✓	✓	✓	✓	✓	✓
Swimming - freestyle				✓	✓	✓	✓	✓	✓
Aquatic program				✓	✓	✓	✓	✓	✓
Bike (stationary)			✓	✓	✓	✓	✓	✓	✓
Stair climbing machine			✓	✓	✓	✓	✓	✓	✓
Ski machine				✓	✓	✓	✓	✓	✓
Running: straight - ease in SLOWLY									
Cutting								✓	✓
Lateral carioca						✓	✓	✓	✓
Figure 8s						✓	✓	✓	✓
Full sports at 6-12 months depending on strength									
									✓