

Official Health Care Partner



**UAB MEDICINE**

ORTHOPAEDIC SURGERY

**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY PROTOCOL – Manipulation under Anesthesia and Lysis of Adhesions for Arthrofibrosis of Knee**

Please schedule physical therapy for minimum 3 times per week and on several consecutive days immediately after surgery

Please work aggressively on maintaining knee range of motion and progress to full  
Control edema and pain  
All modalities as needed