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Arthrofibrosis in ACL Reconstruction Protocol

- Monitor prone heel heights (PHH) and “clunk” in extension
- IF > 5cm PHH difference @ 2 weeks, PH hangs with ankle weights
- IF 5-10cm PHH difference @ 6 weeks, consider Medrol dosepak and PH hangs
- IF 5-10cm PHH difference @ 12 weeks, (plus “clunk”, patellar pain/decreased mobility) surgical treatment