

## **KNEE ARTHROSCOPIC DEBRIDEMENT REHABILITATION PROTOCOL**

	<b>WEIGHTBEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
<b>PHASE II</b> 2-4 weeks	Full	None	Maintain full extension and progress flexion to full	Progress Phase I exercises  Add sport-specific exercises as tolerated  Cycling, elliptical, running as tolerated
<b>PHASE III</b> 4-8 weeks	Full	None	Full	Advance sport-specific exercises as tolerated  Maintenance core, glutes, hip and balance program