

## **Post-Operative Rehabilitation Guidelines for knee arthroscopic debridement**

### **Phase I**

#### **Weeks 0-2:**

- Weight bearing as tolerated
- No brace
- Full Active/Passive ROM
- SLR, Heel Slides, Quad/Hamstring Sets, Calf Pumps
- Patellar Mobilization, planks, bridges, abs, step-ups and stationary bike as tolerated

### **Phase II**

#### **Weeks 2-4:**

- Full Weight Bearing
- Progress with ROM until full
- Progress Phase I exercises
- Add sport specific exercises as tolerated
- Cycling, elliptical, running as tolerated
- Modalities PRN

### **Phase III**

#### **Weeks 4-8:**

- Add sport specific exercises as tolerated
- Maintenance core, glutes, hip and balance program