



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for Knee Arthroscopic Debridement

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

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

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis
 ___ TENS ___ Heat before/after ___ Ice before/after ___ Trigger points massage
 ___ Therapist's discretion
 ___ Other _____



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Signature: _____ **Date:** _____