

Knee Arthroscopic Debridement Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 0-2 weeks	As tolerated	None	As tolerated	Calf pumps, patellar mobilization, quadriceps tightening sets and SLR, stationary bike as tolerated
Phase 2 2-4 weeks	Full with normal gait pattern	None	Full	Progress Phase 1 and add sport-specific exercises as tolerating Cycling, elliptical, running as tolerated Advance core work with hip, gluteal and core strengthening
Phase 3 4-8 weeks	Full	None	Full	Progress sport-specific activities Maintain core work with hip, gluteal and core strengthening May begin running @ 4 weeks

SLR – Straight-leg raise