

Rehabilitation Guidelines for Knee Arthroscopy with Debridement

Weeks 0-2
<ul style="list-style-type: none">• Full WBAT immediately• Crutches for 24 – 48 hrs. D/C when gait normalizes.• Full Active/Passive ROM• SLR, Heel Slides, Quad Sets, Calf Pumps• Patellar Mobilization
Weeks 2-6
<ul style="list-style-type: none">• Full Weight Bearing• Progress with ROM until full• Wall sits, Lunges, Balance Exercises• Closed Chain Quad Strengthening• Modalities PRN• Aqua therapy in low end of water• May begin running and jumping activities at 6 weeks