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REHABILITATION PROTOCOL – KNEE ARTHROSCOPY

Phase I (0-2 weeks)

Weight-Bearing: as tolerated

ROM: full

Exercises:

- Quad sets, patellar mobilization, straight leg raises, ankle pumps, bridges, core, step ups, stationary bike

Phase II (2-4 weeks)

Weight-Bearing: as tolerated

ROM: full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals (wall sits, mini-squats, toe raises)
- Cycling with some resistance, elliptical, start running

Phase III (4-12 weeks)

Weight-Bearing: as tolerated

ROM: full

Exercises:

- Continue as above
- Proprioception exercises
- Advance to eccentric strengthening as tolerated
- Start plyometrics, sport specific exercises at week 6 (must have no effusion, full ROM)

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