

# KNEE ARTHROSCOPY/DEBRIDEMENT

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT  
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## **RESTRICTIONS:**

### **WEIGHT BEARING**

Activity as tolerated

### **BRACE SETTINGS:**

Sleeve brace PRN for comfort

### **ROM:**

No restriction, as tolerated

Do **NOT** rest with a pillow under your knee

## **QUICK TIPS**

The use of ice and compression reduces need for narcotics post-op

Early emphasis on full passive extension & gentle patellar mobility

## **STAGE I (EARLY RECOVERY): WEEK 0 TO 2**

### **GOAL**

+ Protect surgical wound. Begin PT 3-5 days after surgery. PT 2-3 visits.

### **MOTION**

+ Patella mobilizations, extension mobs/manual therapy  
+ Flexion/extension supine wall slides, flexion/extension seated AAROM  
+ Stretches – hamstring seated with towel

### **THERAPEUTIC EXERCISE**

+ Ankle pumps, Isometric quad sets → SLR with NMES  
+ Glute and hamstrings sets

### **CARDIOVASCULAR EXERCISE**

+ Bike without resistance, upper body circuit training

### **OTHER**

+ Keep incision and sutures dry.  
+ Ice/compression, edema control

**2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC**

## **STAGE II: WEEK 3 TO 8**

### **GOAL**

+ Activate quadriceps, increase muscular endurance. PT 2 times per week.

### **MOTION**

+ Patella mobilizations, extension mobs/manual therapy  
+ Flexion/extension supine wall slides, flexion/extension seated AAROM  
+ Stretches – hamstring seated with towel, progress to supine with towel

### **THERAPEUTIC EXERCISE**

+ Continue: Ankle pumps, SLR with NMES  
+ Begin: Squat progression (shallow → 90 deg), bridges, reverse lunge with static hold, open chain hip abduction/extension in supine or standing.  
+ **Week 5** begin balance squats, SL deadlift, leg press

### **CARDIOVASCULAR EXERCISE**

+ Continue: upper body circuit training  
+ Begin: bike with resistance, treadmill walking with incline as tolerated.  
+ **Week 5** may add elliptical trainer, rower or stair stepper

### **OTHER**

+ Keep incision and sutures dry. No immersion until 4 weeks post-op.  
+ Running – if desired, begin progression at **Week 8**.

**6-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC**

**FOLLOW UP:**

2 weeks  
6 weeks  
3 months\*  
6 months\*

**RETURN TO SPORT:**

Return to sport should not occur until testing indicates 85% or greater results compared to uninjured leg

*Exercise testing to be performed at Dr. Logan's office at 3& 6 months.*

\*Please wear athletic clothes and shoes for exercise testing

**HIGH LEVEL ACTIVITIES**

Outdoor biking, hiking, snowshoeing may generally begin after 3-month follow-up.

Similarly, skiing, basketball, tennis, etc is allowed ~3-months after surgery → Exercise Testing at the 3-month follow-up will ultimately determine readiness.

**STAGE III: WEEK 9 TO 16**

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**GOAL**

+ Increase muscular strength. PT 1-2 times per week.

**MOTION**

+ Mobilization and stretching maintenance program

**THERAPEUTIC EXERCISE**

+ Continue: balance squats, reverse lunges, open chain hip abduction/extension in standing, SL deadlift, leg press

+ Begin: agility exercises, single plane → multi-directional

**CARDIOVASCULAR EXERCISE**

+ Continue: bike with resistance, treadmill walking with incline as tolerated versus jogging, upper body circuit training, elliptical trainer, rower, stair stepper

+ Increase intensity as tolerated

**OTHER**

+ Return to sport/activity testing at 3-month follow-up

**3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING**

**STAGE IV: WEEK 16+****GOAL**

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+ Return to preferred activities/sport. PT 1 time/week → bi-weekly.

**MOTION**

+ Mobilization and stretching maintenance program

**THERAPEUTIC EXERCISE**

+ Continue: balance squats, reverse lunges, open chain hip abduction/extension in standing, SL deadlift, leg press

- Advance with dumbbells/added resistance and/or surface variations

+ Agility exercises, single plane → multi-directional

**CARDIOVASCULAR EXERCISE**

+ Continue: bike with resistance, treadmill walking with incline as tolerated, upper body circuit training, elliptical trainer, rower or stair stepper

**OTHER**

+ Sport/Activity based training exercises

**6-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC WITH FINAL EXERCISE TESTING**