



Arthroscopy/Debridement

ROM Restrictions: ____ ext. to ____ flex.

Brace Settings: ____ ext. to ____ flex.

Weight Bearing Status: NWB, TTWB, PWB, WBAT

PHASE I EXERCISES (Weeks 1 through 6)

- Extension/Flexion (wall slides, sitting, prone)
- Quad sets with straight leg raises
- Hamstring sets
- Patellar mobilizations/quad and patellar tendon mobilization (emphasize)
- 1/3 knee bends
- Toe and heel raises

Muscle Stretches

- Sit and reach for hamstrings +/- towel
- Stork stand for quadriceps
- Runners stretch for calf and Achilles

CARDIOVASCULAR EXERCISE

- Bike and row single well leg (weeks 1-6)
- Both leg bike start with no resistance (add resistance at 6 weeks)
- Aquajogging (begin at 3 weeks)
- Swimming with fins (begin at 5 weeks)
- Elliptical trainer (begin at 5 weeks)
- Rowing (begin at 5 weeks)
- Stair stepper (begin at 5 weeks)
- Treadmill incline 7-12% very slow pace (begin at 3 weeks)

PHASE II SPORT CORD EXERCISES (begin after 6 weeks)

- Double knee bends (weeks 1 to 6)
- Carpet drags (weeks 1 to 6)
- Gas pedal (weeks 1 to 3)
- Forward/backward jogging (begin at 3 weeks)
- Single knee bends (begin at week 5)
- Side to side lateral agility (begin at week 7)

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PHASE III-WEIGHTS (begin after 6 weeks)

- Leg press to 90 degrees
- Leg curls-extend to neutral only
- Abduction/adduction
- Balance squats
- Mini squats with bar

*no open chain extensions

PHASE IV- HIGH LEVEL ACTIVITIES

- Outdoor biking (begin at 5 weeks)
- Rollerblading (begin at 7weeks)
- Running (begin at 10 weeks)
- Skiing, basketball, football, soccer (begin at 10 weeks)
- Golf (begin at 7weeks)
- Agility exercises (begin at 7weeks)
- Mountain Bike (begin at 7weeks)

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