

Dr. Craig Chike, Akoh, M.D.
KNEE ARTHROSCOPIC DEBRIDEMENT
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 <i>weeks</i>	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
<i>PHASE II</i> 2-4 <i>weeks</i>	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
<i>PHASE III</i> 4-12 <i>weeks</i>	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.