



**Frantz R. Lerebours, MD**

Orthopaedic Surgeon

**Knee Arthroscopy: Post-operative Rehabilitation Protocol**

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-2)**

- Weight bearing:** As tolerated with crutches (for balance) x 24-48 hours – progress to WBAT
- Therapeutic Exercises**
  - Quad and Hamstring sets
  - Heel slides
  - Co-contractions
  - Isometric adduction and abduction exercises
  - Straight-leg raises
  - Patellar mobilization

**Phase II (Weeks 2-4)**

- Weight bearing:** As tolerated
- Therapeutic Exercises :**
  - Quadriceps and Hamstring strengthening
  - Lunges
  - Wall-sits
  - Balance exercises – Core work

**Phase III (Weeks 4-6)**

- Weight bearing:** Full weight bearing
- Therapeutic Exercises:** ➤
  - Leg press
  - Hamstring curls
  - Squats
  - Plyometric exercises
  - Endurance work
  - Return to athletic activity as tolerated

Comments: Frequency: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_ Date: \_\_\_\_\_