

## **ARTHROSCOPIC KNEE DEBRIDEMENT**

### *Post-Operative Physical Therapy Protocol*

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### **I. Initial Phase (1-3 Weeks)**

Goals: Control inflammation/effusion

Allow early healing

Full passive knee extension

Restore Full ROM - flexion

Quadriceps control

Full Weight Bearing – to tolerance

#### *A. Stage 1: Immediate post-surgery days 1 through 10*

- Ice, compression, elevation
- Full ROM immediately
- Patellar mobilizations
- Stretch hamstrings and calf
- Strengthening exercises
  - Quad sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee extension
- WBAT crutches only if needed, or if bilateral scope
- Allow active knee flexion to full
- No Brace required

#### *B. Stage 2: Weeks 2 through 4*

- Continue use of ice and compression (wrap or sleeve) – as needed
- Restore Full ROM ASAP
- WBAT
- Initiate CKC exercises
- Initiate proprioception training
- Initiate hip Abd/adduction

## **II. Phase 2 - Moderate Protection Phase (5-8 weeks)**

Goals: Maintain full PROM  
Diminish swelling/inflammation  
Re-establish muscle control  
Promote proper gait pattern

### **A. Weeks 5-8**

- Continue use of ice and compression as needed
- Continue ROM and stretching
- Progress strengthening exercises
  - Leg Press
  - CKC Knee extension 90-40 degrees
  - Hip Abd/Adduction
  - Wall squats 0-70 degrees
  - Vertical squats 0-60 degrees
  - Lateral step ups
  - Front Step downs
  - Balance/proprioception training
  - Initiate light hamstring curls
  - Initiate toe/calf raises
  - Bicycle
  - Cone step overs
  - Stability training

## **III. Phase 3: Controlled Activity Phase (8-10 weeks)**

Goals: Improve strength and endurance  
Maintain full ROM  
Gradually increase applied stress

### **A. Weeks 8 – 9**

- Continue all strengthening exercises listed above
- Initiate elliptical
- Toe/calf raises
- Progress balance training
- Progress to isotonic strengthening program

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- Initiate front lunges
- Initiate pool running (forward and backward) – if available
- Initiate walking program

#### **IV. Return to Activity Phase (Week 10)**

Goals: Improve strength and endurance  
Prepare for unrestricted activities  
Progress to agility and cutting drills