

Grant H Garcia, MD
 2409 North 45th Street,
 Seattle, WA 98103
 Wallingford: 206-633-8100
 Ballard: 206-784-8833



KNEE ARTHROSCOPIC DEBRIDEMENT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
PHASE III 4-8 weeks	Full	None	Full	Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program