

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



KNEE ARTHROSCOPIC FAT PAD 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 4-12 weeks | Full | None | Full | Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program |