

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Arthroscopic Chondroplasty / Debridement

#### Phase I (0-2 weeks)

**Weight Bearing:** As tolerated.

**Range of Motion:** Full. Extension stretching.

**Brace:** None.

**Exercises:** SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day. Bike. Core.

#### Phase II (2-4 weeks)

**Weight Bearing:** Full

**Range of Motion:** Full. Extension stretching.

**Brace:** None

**Exercises:** Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike. Sport-specific exercises. Progress elliptical to running as tolerated.

#### Phase III (4-8 weeks)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Return to full activity as tolerated.