

Knee Arthroscopic Loose Body Removal Rehab Protocol

Patient Name: _____ Date: _____

Diagnosis: _____ DOS: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

Phase 1 (0-2 weeks)

- Weightbearing: As tolerated
- Brace: None
- ROM: As tolerated
- Exercises: Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step ups and stationary bike as tolerated.

Phase 2 (2-4 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress Phase 1 exercises. Add sport-specific exercises as tolerated. Cycling, elliptical, running as tolerated.

Phase 3 (4-12 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Advance sport-specific exercises as tolerated. Maintenance core, glutes, hip and balance program.