



**Post-Operative Rehabilitation Guidelines for Knee Arthroscopy (debridement/  
meniscectomy/plica/fat pad/loose body)**

**Phase I**

**Weeks 0-2:**

- Weight bearing as tolerated
- No brace
- Full Active/Passive ROM
- SLR, Heel Slides, Quad/Hamstring Sets, Calf Pumps
- Patellar Mobilization, planks, bridges, abs, step-ups and stationary bike as tolerated

**Phase II**

**Weeks 2-4:**

- Full Weight Bearing
- Full ROM
- Progress Phase I exercises
- Add sport specific exercises as tolerated
- Cycling, elliptical, running as tolerated
- Modalities PRN

**Phase III**

**Weeks 4-12:**

- Add sport specific exercises as tolerated
- Maintenance core, glutes, hip and balance program