

KNEE DEBRIDEMENT/LOOSE BODY REMOVAL PROTOCOL

NOTE: Progression off crutches is dependent on the individual progression of each person. The client should not be progressed off the crutches until they can walk with no limp and without an increase in pain or swelling.

PHASE I (Immediate Post-Operative through 1 Week)

- Gait training WBAT in knee immobilizer with crutches-wean from immobilizer and crutches when patient has good quad control and no limp
- A/AAROM to tolerance
- Quadricep sets
- SLR X 4 planes
- Stationary cycling (high seat-low resistance) when 110 degrees of flexion

PHASE II (1 - 2 Weeks Post-Operative)

- Discontinue immobilizer and crutches
- Continue ROM to tolerance
- Continue cycling
- Begin flexibility exercises
- Begin closed chain strengthening (mini-squats, step-ups, toe raises)
- Begin leg press (full range-low resistance-high reps)

PHASE III (3 - 4 Weeks Post-Operative)

- Continue ROM/flexibility exercises
- Continue cycling
- Continue closed chain strengthening
- Begin proprioception/balance activities
- Begin isokinetic/isotonic strengthening (pain-free)

PHASE IV (4-8 Weeks Post-Operative)

- Continue flexibility exercises
- Continue cycling
- Continue strengthening
- Continue proprioception/balance activities
- Isokinetic strength test (@60 and 180 degs/sec)
- Functional testing
- Sport specific drills when satisfactory strength and functional tests
- Return to sport with physician approval



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