



Knee Arthroscopy Rehab Protocol Pdf

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POSTOPERATIVE KNEE ARTHROSCOPY REHAB PROTOCOL Last Modified: Oct General Guidelines The program will be individualized to the needs of the patient, specific .

REHABILITATION AFTER ARTHROSCOPIC KNEE SURGERY This protocol is a guideline for your rehabilitation after arthroscopic knee surgery. You may vary in your ability to do these .

REHABILITATION AFTER ARTHROSCOPIC KNEE SURGERY Phase Two: 2 to 6 weeks after surgery Goals: 1. Protect the knee from overstress and allow healing 2. Regain full motion 3.

File Size: KB. This rehabilitation protocol is designed for patients who have undergone knee arthroscopy or arthroscopic lateral release. The intensity allowed and the time frame required for the rehabilitation process is dependent upon the surgical procedure and the clinical

assessment of Dr. Guelich. The protocol is divided into phases. REHABILITATION AFTER ARTHROSCOPIC KNEE SURGERY This protocol is a guideline for your rehabilitation after arthroscopic knee surgery. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call the doctor if you are having a problem with your knee or the physical therapy line if you. Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored.