

REHABILITATION FOLLOWING KNEE DEBRIDEMENT

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I. Maximum Protection Phase (1-3 Weeks)

Goals: Control inflammation/effusion

Allow early healing

Full passive knee extension

Restore Full ROM - flexion

Quadriceps control

Full Weight Bearing – to tolerance

A. Stage 1: Immediate post-surgery days 1 through 10

- Ice, compression, elevation
- Electrical stimulation to quadriceps
- Full ROM immediately
- Patellar mobilizations
- Stretch hamstrings and calf
- Strengthening exercises
 - Quad sets
 - SLR flexion
 - Hip Abd/Adduction
 - Knee extension
- WBAT with two crutches or walker (only if needed)
- Allow active knee flexion to full
- No Brace required

B. Stage 2: Weeks 2 through 4

- Continue use of ice and compression (wrap or sleeve) – as needed
- Brace set per MD and discontinue at week 4.
- Restore Full ROM ASAP
- WBAT
- Initiate CKC exercises
- Initiate proprioception training

- Initiate hip Abd/adduction

Phase II. Moderate Protection Phase (5-8 weeks)

Goals: Maintain full PROM
 Diminish swelling/inflammation
 Re-establish muscle control
 Promote proper gait pattern

A. Weeks 5-8

- Continue use of ice and compression as needed
- Continue ROM and stretching
- Progress strengthening exercises
 - Leg Press
 - CKC Knee extension 90-40 degrees
 - Hip Abd/Adduction
 - Wall squats 0-70 degrees
 - Vertical squats 0-60 degrees
 - Lateral step ups
 - Front Step downs
 - Balance/proprioception training
 - Initiate light hamstring curls
 - Initiate toe/calf raises
 - Bicycle
 - Cone step overs
 - Stability training
- Pool program – if available
- Avoid twisting, pivoting, running, and deep squatting

II. Phase III: Controlled Activity Phase (8-10 weeks)

Goals: Improve strength and endurance
 Maintain full ROM
 Gradually increase applied stress

Week 8 - 9

- Continue all strengthening exercises listed above
- Initiate elliptical

- Toe/ calf raises
- Progress balance training
- Progress to isotonic strengthening program
- Initiate front lunges
- Initiate pool running (forward and backward) – if available
- Initiate walking program

Week 10

III. Return to Activity Phase (Week 10)

Goals: Improve strength and endurance
Prepare for unrestricted activities
Progress to agility and cutting drills