



11330 Olive Blvd, Suite 150
Creve Coeur, MO 63141
(314) 375-3796 Phone
(314) 948-9010 Fax

Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Knee Arthroscopy Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-2 weeks	Full as tolerated	None	Full, as tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, core work, step ups, stationary bike as tolerated
Phase II 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises/agility as tolerated Strength training as tolerated Advance cycling, elliptical, running as tolerated after 3 weeks *Avoid water/swimming until 4 weeks when incisions closed
Phase III 4-8 weeks	Full	None	Full	Advanced sport-specific exercise Maintenance core, glutes, hip, and balance program

*Arthroscopy protocol applies for debridement, meniscectomy, fat pad excision, suprapatellar pouch release, plica excision, loose body removal, etc.