



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**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase I</b> 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
<b>Phase II</b> 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
<b>Phase III</b> 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.