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Knee Arthroscopy with Microfracture

Phase I

0-2 weeks:

- Non-weight bearing, passive ROM to 90° flexion, isometric quad exercises, straight leg raises

2-6 weeks:

- May d/c brace but remain non-weight bearing, begin PROM/AROM as tolerated, quad/hamstring/glut sets (no weight), straight leg raises

Phase II

6-8 weeks:

- Advance weight bearing gradually until full. Continue phase I exercises.

Phase III

8-12 weeks:

- Gait training, closed chain strengthening and balance exercises, core/hip strengthening.

Phase IV

12 weeks – 6 months:

- Continue/advance core/hip/knee strengthening exercises
- Functional activities
- May advance to elliptical, bike, or pool as tolerated