

**Tristan Juhan, MD**

Orthopedic Surgeon

**Office:** 408-293-7767

**Email:** [tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)

**Website:** [tristanjuhanMD.com](http://tristanjuhanMD.com)



## KNEE ARTHROSCOPIC FAT PAD DEBRIDEMENT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
<b>PHASE II</b> 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
<b>PHASE III</b> 4-12 weeks	Full	None	Full	Add sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program