



Brian Bjerke, MD

# Knee Meniscectomy, Debridement, OA with DJD

## Post-Operative Protocol

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### **Phase I – Maximum Protection (Weeks 0 to 2):**

- Use crutches as needed over the first 1-3 days post-op
  - Okay to be weight bearing as tolerated immediately post-op
  - Okay to use crutches for stability over first few days post-op as well
- Goals:
  - Reduce inflammation
  - Normalize patella mobility with manual mobilizations
  - Full ROM progressing as tolerated
- Exercise Progression:
  - Quadriceps sets using NMES as needed
  - Multi-plane straight leg raising
  - Gait training

### **Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 6):**

#### **Weeks 2-4:**

- Goals:
  - Progress off crutches
  - Full knee ROM
  - Normalize gait mechanics
- Exercise Progression:
  - Multi-plane open and closed kinetic chain hip strengthening
  - Step-up progression
  - Stationary biking and treadmill/outdoor walking
  - Proprioception drills

#### **Weeks 4-6:**

- Goals:
  - Control inflammation
  - Full knee ROM
  - Increase strength and muscular endurance
- Exercise Progression:

- Leg press, mini squats (as/if tolerated), hamstring curls
- Increase intensity of stationary bike program, may add elevation to treadmill walking and elliptical
- Deep water pool program when incisions are completely healed

**Phase III/IV – Advanced Strengthening and Endurance Training (Weeks 6 to 12):**

**Weeks 6-12:**

- Goals:
  - Full knee flexion and extension with terminal stretch
  - Progressive strengthening
  - Increase muscular endurance
- Exercise Progression:
  - Outdoor biking
  - Swimming
  - Elliptical
  - Interval golf program

\*Please feel free to contact Dr. Brian Bjerke's office with any questions or concerns. Dr. Bjerke's care coordinator Andria Larson is available by phone at 952-456-7095.