



Brian Bjerke, MD

Knee Meniscectomy, Debridement, OA without DJD

Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 1):

Weeks 0-1:

- 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 1 to 4):

Weeks 1-2:

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

Weeks 2-4:

- Goals:
 - Control inflammation
 - Increase strength and muscular endurance

- Exercise Progression:
 - Leg press and 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 – Advanced Strengthening and Endurance Training (Weeks 4 to 6):

- Goals:
 - Full knee flexion and extension with terminal stretch
 - Progressive strengthening
 - Increase muscular endurance
- Exercise Progression:
 - Weight squat progression
 - Lunge progression (retro, walk and split) as indicated
 - Outdoor biking
 - Lateral lunge progression
 - Shallow water pool running
 - Swimming free style
 - Backward elevated treadmill walking
 - Basic ladder series

Phase IV- Advanced Strengthening and Running Progression (Weeks 6 to 12):

- Exercise Progression:
 - Progress resistance with squat and lunge strengthening program
 - May add leg extensions at 30°-0° (exclude patients with patellar or trochlea groove chondral pathology)
 - Linear running progression
 - Advanced ladder series
 - Basic plyometric box progression
 - Fit functional brace
- Return to Sport and Functional Drills:
 - Interval golf program
 - Advanced ladder, hurdle and plyometric box progressions
 - Non-contact drills
- Sports Test and Follow-Up with Physician:
 - Follow-up examination with physician
 - Sports test for return to competition

*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.

