



Brian Bjerke, MD

Meniscus Repair

Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 6):

Weeks 0-1:

- Brace (knee immobilizer provided in surgery) to be worn at all times while ambulating until first post-op appointment 1-3 days post-op
- Patient will be switched into a hinged knee brace at this first post-op appointment
 - **Brace** to be worn, locked in extension, while ambulating for 4-6 weeks
 - Crutches used while ambulating
 - May then progress towards weight bearing as tolerated once instructed by Dr. Bjerke
- **Range of motion limits:**
 - 0° of knee extension
 - 90° of knee flexion for 4 weeks
- Goals:
 - Reduce inflammation
 - Normalize patella mobility with manual mobilizations
 - Gain full extension
 - 90° of knee flexion limitation x4-6 weeks
- Exercise Progression:
 - Emphasize patellar mobilizations
 - Passive/active knee range of motion with 90° flexion limit
 - Quadriceps setting emphasize VMO function
 - Multi-plane straight leg raising
 - Open and closed chain (when WB with brace on) multiplane hip strengthening
 - Gait training
 - Deep water pool program

Phase II – Progressive Stretching and Early Strengthening (Weeks 6 to 8):

- Exercise Progression:
 - Open brace 0° to 90° for 2 weeks while ambulating

- Full knee extension/hyperextension
- Gradual progression to full knee flexion
- Continue to emphasize patella mobility
- Begin bilateral closed kinetic chain strengthening limited range initially
- Step-up progression
- Begin stationary bike with light resistance initially
- Gait training- normalize gait pattern

Phase III – Advanced Strengthening and Proprioceptive Phase (Weeks 8 to 12):

- Exercise Progression:
 - Full knee range of motion
 - Begin full gym strengthening program
 - Advance stationary biking program (increase intensity), introduce treadmill walking and elliptical trainer
 - Begin shallow water pool program
 - Advance unilateral closed kinetic chain program
 - Gym strengthening progression (leg press, hamstrings curls etc.)

Phase IV – Advance Strengthening and Plyometric Drills (Weeks 12 to 16):

- Exercise Progression:
 - Linear running progression
 - Progress to lateral and rotational stresses at 14 weeks
 - Begin multi-directional drills on the field at 14-16 weeks
 - Plyometric drills from bilateral to unilateral
 - Follow-up examination with the physician
 - Sports test for return to play

*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.