



Brian Bjerke, MD

Meniscus Root Repair

Post-Operative Protocol

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

Weeks 0-1:

- Brace (knee immobilizer placed during 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 the first post-op appointment
 - Brace to be worn, locked in extension, while ambulating for **6 weeks**
 - Patient will remain toe touch weight bearing for 6 weeks
 - **Toe touch weight bearing:** no weight transmitted through the operative leg, however can rest the toes down for balance
 - Using crutches for 6 weeks while toe touch weight bearing
- Range of motion:
 - 0° of knee extension
 - **Limit to 90° of knee flexion until 4 weeks post-op**
 - During first 4 weeks okay to unlock knee brace while sitting or at physical therapy, but should not flex knee >90° until 4 weeks post-op
- Goals:
 - Reduce inflammation
 - Normalize patella mobility with manual mobilizations
 - Gain full extension
 - 90° of knee flexion limitation x4 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.