

Knee Meniscectomy, Debridement, OA with DJD Post-Operative Protocol

Christie Heikes, MD

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. Heikes' office with any questions or concerns. Dr. Heikes' care coordinator is available by phone at 952-456-7122.