



# Meniscectomy, Debridement, LOA without DJD

**Brian Bjerke, MD**  
Post-Operative Protocol

---

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

### **0 to 1 Week:**

- Use crutches PWB x 2-3 days, then WBAT

#### Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full ROM progressing as tolerated

#### Exercise progression

- Quadriceps setting using NMES as needed
- Multi-plane straight leg raising
- Gait training

## **Phase II – Progressive Stretching and Early Strengthening (Weeks 1 to 4):**

### **Weeks 1 to 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 to 4:**

#### Goals

- Control inflammation
- Increase strength and muscular endurance

#### Exercise progression

- Leg press, hamstrings 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

- Weighted 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 – Advance 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 trochlear 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
- Advance ladder, hurdle and plyo box progressions
- Sport specific field/court drills
- Non-contact drills

#### Sports test and follow-up with physician

- Follow-up examination with the physician
- Sports test for return to competition

**Please have Physical Therapist call Dr. Bjerke with any questions or concerns. 952-456-7000**