

MENISCECTOMY AND DEBRIDEMENT (DJD) POST OPERATIVE PROTOCOL

	Time Frame (Weeks)	Guidelines	Goals
MAXIMUM PROTECTION	0 to 1	<p>CRUTCHES: 50% partial weight bearing x 1 week</p> <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Gait training • Extension - heel props for full extension as needed • Flexion - off table or wall slides • Quadriceps setting using NMES as needed • Multi-plane straight leg raises • Bilateral calf raises • Ankle pumps <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • Short but frequent bouts of ROM, quad activation 3+x/day 	<ul style="list-style-type: none"> • Reduce inflammation • Normalize patella mobility • full extension; passive/active • Good quadriceps control • No extension lag • 100°-120° of knee flexion
	1 to 2	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Continue with 0-1 week program • Extension – heel props or add prone hangs (as needed) • Flexion – wall or heel slides • Ball bridge and/or isometric hamstring activation <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking • Short walks using a crutch as needed <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • Short but frequent bouts of ROM, quad activation 2-3x/day • Stationary bike 1x/day, 10-20 minutes 	<ul style="list-style-type: none"> • Reduce inflammation • Begin to transition off crutches • Full knee extension/hyperextension • No extension lag • 120°+ of knee flexion
PHASE II	2 to 4	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Extension—heel props and prone hangs as needed • Flexion—continue with end range heel slides • Bilateral mini squats progression or partial range leg press focus on proper alignment with very gradual progression in depth and resistance. • Multi-plane open and closed kinetic chain hip strengthening. Limit repetitions with more severe DJD • Step-up progression – minimal step height, slow progression • Hamstring activation with bridge on floor, ball or box • Proprioception drills <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking • Treadmill/outdoor walking, focus on proper gait mechanics <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • ROM: 2-3x/day • Strength: 1x/day open chain; 3x/week closed chain • Cardiovascular: 20 minutes/day with low intensity 	<ul style="list-style-type: none"> • Progress off crutches • Full knee extension/hyperextension • Knee flexion to full as tolerated • Normalize gait mechanics • Normalize patellofemoral joint and scar mobility

	Time Frame (Weeks)	Guidelines	Goals
PHASE II (continued)	4 to 6	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> Controlled movement series - warm-up Leg press, hamstrings curls, calf raises <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> Increase intensity/duration Stationary biking Treadmill/outdoor walking, focus on proper gait mechanics Arc trainer or elliptical as tolerated <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> ROM: 2x/day Strength: 3x/week on closed chain loading Cardiovascular: 20-30 minutes/day with low to moderate intensity 	<ul style="list-style-type: none"> Reduce inflammation Full ROM Normal gait
PHASE III	6 to 12	<p>MOVEMENT PREP</p> <ul style="list-style-type: none"> Foam roller Controlled movement series <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> Bilateral and unilateral closed chain progression as appropriate based on articular surfaces Leg press and hamstring curls Monster walks Core program as appropriate <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> Stationary biking Treadmill/outdoor walking, focus on proper gait mechanics Arc trainer or elliptical Swimming <p>ACTIVITY PROGRESSION</p> <ul style="list-style-type: none"> OUTDOOR BIKING: <u>week 6</u> SWIMMING: <u>freestyle, week 6</u> GOLFING: <u>Interval golf progression</u> <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> ROM: 1-2x/day Strength: 2-3x/week maximum with closed chain loading Cardiovascular: 20-45 minutes 5x/week, moderate intensity 	<ul style="list-style-type: none"> Control inflammation with increasing loads Full knee flexion and extension with terminal stretch Progressive strengthening Increase muscular endurance
PHASE IV	12 to 16	<p>MOVEMENT PREP</p> <ul style="list-style-type: none"> Foam roller Controlled movement series <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> Increasing loads from phase III Core program: Increase load as appropriate <p>NON-IMPACT CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> Stationary biking Arc trainer or elliptical Swimming <p>ACTIVITY PROGRESSION</p> <ul style="list-style-type: none"> GOLFING: <u>as appropriate</u> MINIMAL IMPACT SPORTS: <u>as appropriate</u> SKIING: <u>avoid bumps</u> <p>MODIFIED SPORTS TEST AND PHYSICIAN FOLLOW-UP</p> <ul style="list-style-type: none"> Follow-up examination with physician <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> ROM: global stretching Strength: 2-3x/week with increasing resistance Cardiovascular: 20-45 minutes 3-5x/week. 	<ul style="list-style-type: none"> Establish RTA