

## POST-OPERATIVE GUIDELINES FOLLOWING A MENISCUS REPAIR

<b>Crutches</b>	6 to 8 weeks partial weight bearing for a lateral meniscus repair. Weight bearing may start from day 1 post surgery. NB: In the case of a medial meniscus repair, full weight bearing may be allowed earlier (from 4 weeks).
<b>Brace</b>	6 to 8 weeks. The flexion setting on your brace will be adjusted accordingly by your surgeon or physiotherapist.
<b>Stocking</b>	10 days.
<b>Driving</b>	Consult with your surgeon or physiotherapist.
<b>Stationary bike (seat elevated)</b>	8 weeks.
<b>Elliptical machine</b>	8 to 12 weeks.
<b>Swimming (crawl)</b>	8 to 12 weeks.
<b>Jogging in a straight line</b>	16 to 20 weeks for peripheral tears. 6 months for complex inner tears.
<b>Skiing / jumping</b>	20 weeks.
<b>Contact sport</b>	6 months.
<p><b>The above time guides are approximations only. Your rehabilitation will depend greatly on the location of the meniscus tear i.e.: peripheral or central and will also be dependent on whether or not there is associated cartilage damage. Consult with your surgeon or physiotherapist before starting any of the above activities.</b></p>	
<p><b>Post-operative exercises from day 1:</b></p> <ul style="list-style-type: none"> <li>• To be done 4 times per day:           <ul style="list-style-type: none"> <li>○ Isometric quadriceps progressing to a straight leg raise (3 x 8).</li> <li>○ Knee pushes into bed, hold for 5 seconds (3 x 8).</li> <li>○ Passive knee stretch using a pillow under the heel (torture pillow) – 15 minutes.</li> <li>○ Heel slides (bend knee as far as pain allows, but no further than 90° (x 15).</li> </ul> </li> </ul>	
Practice walking with a heel / toe gait.	
Ice (15 minutes on – 10 minutes off repeated throughout the day for the first 2 weeks).	
Over the course of the first 6 weeks your Physiotherapist will introduce new exercises to the above exercises.	
<p><b>Aims of rehabilitation in the first 6 weeks:</b></p> <ul style="list-style-type: none"> <li>• Full active and passive extension.</li> <li>• Decrease swelling / pain.</li> <li>• Functional co-contraction of quads and hamstrings.</li> <li>• Flexion to 90°.</li> </ul>	
Start with your out-patient physiotherapy approximately 3 / 4 days post-surgery.	
<p><b>In the case of a medial meniscus repair, patient may aim for full flexion from 6 weeks onwards. In the case of a lateral repair, flexion is further restricted to 100° / 110° until 12 weeks post-surgery, i.e. no deep squat movements).</b></p>	

