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## MENISCAL REPAIR REHAB

### Days 0 to 14

Immediate post-surgery care is about wound healing and swelling management. You will be able go home the same day as surgery. You will be allowed to partial weight bear with the help of crutches. You will be in a knee brace for total of 6 weeks, to be worn at all times (except for exercises). Regular icing 2-3 minutes every hour is recommended.

Remove your bandaging in 24 hours, but leave your waterproof dressings on until your review in clinic 10-14 days post-surgery. You can shower with your waterproof dressings on.

Contact my team if you have any concerns about your wound or to confirm your appointment time.

#### **Exercises**

- Knee straightening – ensure your knee comes out straight
- Knee bends – aim to bend your knee up to 90 degrees
- Quadriceps activation

### Weeks 2 onwards

Progress with your knee range of motion and quadriceps strengthening exercises. You can commence physiotherapy at 2 weeks.

From 4 weeks you can commence full weightbearing slowly with the use of crutches and then come off crutches completely at 6 weeks. You may be able to change to a short knee brace if clearance given.

You can consider returning to desk duties if clearance given around 4 weeks.

### 4 months onwards

If your quads are ready, you can commence running at 4 months, sport specific training when running is comfortable. Return to manual labour / heavy duties can be considered.