Meniscal Repair

Overview
This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made depending on your surgery.

Questions
If you have any concerns or questions after your surgery, during business hours call 763-302-2231. You may need to leave a message.

After hours 763-520-7870

Address
Maple Grove
9825 Hospital Drive, Suite 104
Maple Grove, MN 55369

Minnetonka
15450 Highway 7, Suite 100
Minnetonka, MN 55345

Robbinsdale
3366 Oakdale Ave. N Suite 103
Robbinsdale, MN 55422

POST OPERATIVE INSTRUCTIONS

DIET
• Begin with clear liquids and light foot (jello, soup, etc.)
• Progress to your normal diet as tolerated

WOUND CARE
• Leave operative dressing in place for 2-3 days. Loosen ACE wrap if swelling in foot/ankle occurs.
• Remove surgical dressings 2-3 days after your surgery. If minimal drainage is present, apply band-aids over incisions and change daily
• Swelling and bleeding after surgery is normal. If ACE wrap becomes saturated with blood, reinforce with additional dressing
• Keep your incisions clean and dry until you’re seen back in clinic.
• You may shower as needed after surgery, but cover incisions with plastic bag to keep them dry. No immersion in water, i.e. bath.
MEDICATIONS

- Local pain medications were used at the time of surgery. This will wear off in 8-12 hours. If a local “block” medication was given, this could last longer.
- Most patients will require narcotic pain medications for short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office (763-520-7870)
- Do not operate or drive machinery while taking narcotic meds.
- Ibuprofen can be taken between narcotic medication doses to help alleviate pain.

ACTIVITY

- Crutches and knee immobilizer are needed after surgery
- Elevate the operative leg above your chest whenever possible to reduce swelling.
- Do NOT place pillows behind your knee, but rather under your foot/ankle. This will maintain good extension of your knee.
- Do not engage in activities that increase pain/swelling in your knee such as prolonged standing, walking, sitting without leg elevated.
- No driving until instructed by surgeon

BRACE

- Knee immobilizer is typically used after surgery

ICE THERAPY

- Begin immediately after surgery
- Ice machines can be used continuously, or ice packs every 2 hours for 20 minutes daily until post-op appointment. See page 5 for more information.

POST OP APPOINTMENTS

First post op visit (7-10 days)

Your first post-op appointment is about 7-10 days from surgery. You will see the PA to review your surgery and have the sutures removed. Please bring your operative pictures with you to this appointment to enhance your understanding of your surgery.
Physical Therapy

These exercises should be started the 1-2 days after surgery. These will be all the required exercises until you are seen by your physical therapist in the office. It is important to begin working on range of motion right after surgery as this will help in your overall recovery.

HOME EXERCISES

**ANKLE PUMPS**
3 sets of 15, 3-6 times per day
MOVE YOUR FOOT UP AND DOWN

**HEAL SLIDES**
3 sets of 10, 3-6 times per day ***NO FLEXION PAST 90 DEGREES***
FLEX YOUR HIP AND KNEE. RETURN TO STRAIGHT POSITION.

**KNEE FLEXION STRETCH**
3 sets of 10, 3-6 times per day ***NO FLEXION PAST 90 DEGREES***
PLACE TOWEL UNDER HEAL. PULL KNEE TOWARDS CHEST. HOLD FLEXED KNEE FOR 15-20 SECONDS.RETURN TO STRAIGHT POSITION.

**KNEE EXTENSION**
3 sets of 10, 3-6 times per day
PLACE TOWEL ROLL OR PILLOW UNDER KNEE. LIFT FOOT OFF FLOOR.

**QUADRICEPS SETS**
3 sets of 10, 3-6 times per day
PLACE TOWEL ROLL OR PILLOW UNDER HEAL. TIGHTEN THIGH MUSCLE AND HOLD FOR 5 SECONDS.

**LEG LIFTS**
3 sets of 10, 3-6 times per day
RAISE LEG OFF THE FLOOR 6 INCHES, KEEPING THE KNEE STRAIGHT.
# REHAB PROTOCOL

<table>
<thead>
<tr>
<th></th>
<th>WEIGHT BEARING</th>
<th>BRACE</th>
<th>ROM</th>
<th>EXERCISES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PHASE I</strong>&lt;br&gt;(0-2 WEEKS)</td>
<td>Full with knee immobilizer (KI) and crutches</td>
<td>Knee immobilizer on with all activities and sleeping</td>
<td>0-90 degrees with no weight bearing.</td>
<td>SEE PAGE 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Off for exercises and hygiene</td>
<td>NO WEIGHT BEARING PAST 90 DEGREES</td>
<td>NO WEIGHT BEARING PAST 90 DEGREES</td>
</tr>
<tr>
<td><strong>PHASE II</strong>&lt;br&gt;(2-6 WEEKS)</td>
<td><strong>2-4 WEEKS:</strong> Full with KI</td>
<td><strong>2-6 WEEKS:</strong> Off at night</td>
<td>As tolerated</td>
<td>Begin with PT starting at 4 weeks or per MD request.</td>
</tr>
<tr>
<td></td>
<td><strong>4-6 WEEKS:</strong> Full without KI</td>
<td>Discontinue KI at 4 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PHASE III</strong>&lt;br&gt;(6-12 WEEKS)</td>
<td>Full</td>
<td>None</td>
<td>Full</td>
<td>Progress with PT.</td>
</tr>
<tr>
<td><strong>PHASE IV</strong>&lt;br&gt;(12-20 WEEKS)</td>
<td>Full</td>
<td>None</td>
<td>Full</td>
<td>Progress with PT. Running/jumping after cleared by MD.</td>
</tr>
</tbody>
</table>

** Avoid any leg rotation for 8 weeks to protect meniscus repair

*** Weight bearing status may vary depending on nature of meniscus repair. Please refer to PT Rx for confirmation.
ICE MACHINES

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device available to them. Dr. Arthur does not have any affiliation to these medical equipment companies.

BENEFITS

• Portable ice machines
• Reduces pain and swelling
• Gives constant cold therapy

PRICE

• Call for prices

CONTACT

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Ottobock Medical
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