

MENISCAL SURGERY of the KNEE

Initial Phase Post Op Instructions

stickie

Surgeon to tick as appropriate	Procedure	Weight bearing status & timescale	Brace – timescale and details	Range of Movement	Ortho f/u? When?	Out Pt Physio? When?
	Partial Menisectomy	FWBAT	No	Unrestricted	Not routinely	Not routinely
	Meniscus Repair: <i>Vertical, Horizontal, Bucket Handle, Ramp</i>	FWBAT	0-6wks locked in extension for FWB to avoid shear Unlock for rehab 0-90° Remove at night	0-90° in brace when sitting/lying	Yes 6 wks	Yes 10 days-2wks
	Meniscus Repair: <i>Radial</i>	NWB 0-6wks	0-6wks 0-90° Remove at night	0-90° in brace	Yes 6 wks	Yes 10 days-2wks
	Meniscus Repair: <i>Root</i>	NWB 0-6wks	0-6wks 0-90° Remove at night	0-90° in brace	Yes 6 wks	Yes 10 days-2wks