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BOARD CERTIFIED ORTHOPAEDIC SURGEON

RECOVERY GUIDE FOR:

KNEE ARTHROSCOPY

DEBRIDEMENT (Meniscus or Cartilage)



OUR GOAL:

Relieve pain, restore knee function, improve mobility, and help you return to the activities you love.

KEY POINTS



Activity:

Weight bearing as tolerated. You may need crutches for 1-2 due to pain and swelling but do not need to use them.



Motion:

You may move as tolerated. Work on early motion, especially full extension (straight leg).



Wound Care and Bathing:

You should keep bandage on for 4 days. After that it may be removed and you can shower. Warm soapy water runs over the incision. Pat dry. Leave open to air. No submerging.



Early Knee Motion:

Do not place pillow underneath your knee. Place pillow underneath ankle and let knee "float" Goal for full extension by 1-2 weeks. Full flexion by 2-4 weeks.

YOUR RECOVERY TIMELINE



PHASE I 0 – 2 WEEKS

Focus: pain and swelling control, walking daily

Goals:

- ✓ Knee extension to 0°
Knee flexion to 90°
- ✓ Work with therapist
Ice, Pain control

Activities:

- Heel slides, SLR
- Stationary bicycle
- Mini squats



PHASE II 2 – 6 WEEKS

Focus: normal walking gait

Goals:

- ✓ Knee extension 0°
Knee flexion >120°
- ✓ Stop crutch ~1-2 weeks

Activities:

- Stationary bicycle
- Body squats



PHASE III 6 – 12 WEEKS

Focus: Build strength

Goals:

- ✓ Wean crutch.
- ✓ Walk in home without crutch

Activities:

- Body lunge, squats
- BFR, Scar massage



PHASE IV 3 – 6 MONTHS

Focus: return to running, all activities and competition

Goals:

- ✓ Walk to jog to run
plyometric
- ✓ Sport specific strengthening

Activities:

- Competitive athletics at 4 months postop

⌚ Time frames are guidelines. Everyone heals at a different rate. Your progress will determine how quickly you move to the next phase.

WHAT TO EXPECT



Postop Day 1-3

Surgical pain significantly improves



Postop Day 3-14

Meet with therapist to establish PT/OT treatment plan



Postop Week 2-3

Follow up appointment and wound check



Postop Week 6-8

Follow up appointment and x-ray if necessary.



Postop Week 12-16

Follow up appointment, function check and schedule additional appointments if necessary

HELP YOUR RECOVERY



ICE AND ELEVATE

15-20 minutes, several time per day



STAY HYDRATED & EAT WELL

Good nutrition supports healing. Minimize sugar, optimize protein



GET QUALITY SLEEP

You body heals while you rest



DO YOUR HOME EXERCISES

They are key to your success



LISTEN TO YOUR BODY

It's normal to have ups and downs. Pain and swelling should guide your activity level.

CALL YOUR DOCTOR IF YOU HAVE:



Fever over 101F



Redness, drainage, or warmth at incision site



Shortness of breath, chest pain, calf pain



Increased pain not relieved by pain medicine



Numbness, tingling or loss of movement in your extremity

Your Notes:

Your Partners in Recovery:

Your surgeon and physical/occupational therapy team are here to support you every step of the way. Don't hesitate to reach out with questions or concerns.