

# DANIEL RODKEY, M.D.

## BOARD CERTIFIED ORTHOPAEDIC SURGEON

### RECOVERY GUIDE FOR: **MENISCUS REPAIR** SIMPLE REPAIR



#### OUR GOAL:

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

### KEY POINTS



#### Activity:

Flat foot weight bearing (no weight through extremity, rest on ground only) for 2 weeks. Use crutch and brace during this time.



#### Motion:

You should limit your knee motion between 0° (straight) and 90° (bent) for the first 6 weeks. After 6 weeks, full knee motion.



#### 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 week. Flexion to 90° by 2 weeks, 120° by 8 weeks

### YOUR RECOVERY TIMELINE



#### PHASE I 0 – 2 WEEKS

**Focus:** pain and swelling control, walking daily

#### Goals:

- ✓ Knee motion 0 to 90° FFWB, +Brace, +Crutch
- ✓ Work with therapist Ice, Pain control

#### Activities:

- Heel slides, SLR
- Stationary bicycle



#### PHASE II 2 – 6 WEEKS

**Focus:** Being partial weight bearing, protect repair, early motion

#### Goals:

- ✓ Knee motion 0 to 90° FFWB, +Brace, +Crutch
- ✓ Unlock brace ~2 weeks 50% weight at ~4 weeks

#### Activities:

- Stationary bicycle
- Mini squats



#### PHASE III 6 – 12 WEEKS

**Focus:** Begin full weight bearing, full motion

#### Goals:

- ✓ Knee motion 0 to 120° WBAT, +Brace
- ✓ Stop crutch by week 8 Wean brace by week 8

#### Activities:

- Body squats, stairs
- BFR, Scar massage



#### PHASE IV 3 – 6 MONTHS

**Focus:** return to running, all activities except competition

#### Goals:

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

#### Activities:

- Competitive athletics at 6 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:

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#### 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.