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## Consultant Orthopaedic Surgeon

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## Meniscal Repair - Rehabilitation Guide

### What operation has been performed?

Your torn meniscal cartilage in the knee (meniscus), has been repaired using a number of internal suture devices. This has been performed arthroscopically (key hole). The operation performed was an arthroscopic meniscal repair.

### Rehabilitation

The meniscal sutures bring the torn edges together, but it is the body's job now to heal it. The repair must be protected from certain movements for an extended period of time. There are different rehabilitation protocols in existence, however, Mr Gordon uses the best available scientific evidence to formulate the right rehabilitation programme for you.

### Rehabilitation Guide

0-6 weeks:

*Weight bearing status:* Touch weight bearing with 2 crutches (10kg allowed through the leg)

*Range of Motion:* 0-90°. No knee brace is necessary unless you feel unsure, in which case one can be fitted

6 weeks:

*Weight bearing status:* Full weight bearing, wean off crutches

*Range of Motion:* 0-120°

12 weeks:

*Range of Motion:* 0-140° (i.e. unrestricted)

Start squatting, jumping and pivoting

Return to sport/dance:

Once reviewed by Mr Gordon in clinic. Once there is no effusion (swelling in the knee), full extension, and nearly full flexion (135°). This typically occurred at 3 to 4 months.

### Out patient visits

2 weeks – to assess wound healing

6 weeks – to advise on weight bearing status

12 weeks – to advise on increasing activity level

4-6 months – final review depending on progress

### References

1. Haas AL, Schepisis AA, Hornstein J, Edgar CM Meniscal repair using the Fast-Fix all-inside meniscal repair device.

*Arthroscopy* 2005;21:167-75.

2. Siebold R, Dehler C, Boes L, Ellermann A Arthroscopic all-inside repair using the Meniscus Arrow: long-term clinical follow-up of 113 patients. *Arthroscopy* 2007;23:394-9.