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Meniscus Repair Protocol:

The patient underwent an arthroscopic assisted Lateral / Medial Meniscus Repair via an All inside / Inside-Out / Inside-Out Hybrid technique. The patient's knee will be immobilized in full extension of 0° with a hinged knee brace. PWB of 50% will be allowed with the brace locked at 0 degrees for the 1st 3 weeks after which full weightbearing will be allowed with the knee locked in full extension (WB expands the meniscus and compresses the tear and increases collagen formation and maturation). Physical therapy will be initiated on postop day #3 and will involve working on PROM from 0-90° for the first 4 weeks, when not doing exercises, the patient should have their brace locked in full extension (this takes the most tension off the meniscus and keeps a bucket handle tear reduced). Starting at 4 weeks AROM can be initiated from 0-120°. Full range of motion should be achieved after 6 weeks. The brace will be discontinued 6 weeks from the postoperative date. No risky activities (including but not limited to twisting, cutting, pivoting or hyperflexion) for at least 4.5 months. Meniscal healing is complete by 6 months.