

Patient name:

Date of Surgery:

Surgery performed:

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General Ortho and Sports Medicine
South Bend Orthopaedics
Rehabilitation Protocol and Post-Operative Instructions:
Knee Scope/Menisectomy

This is a general guideline. Certain patients may require extra attention to certain areas of their body or portions of the protocol. Always listen to your therapist, a protocol never replaces their good clinical judgement. Do not attempt to increase weight, perform a new exercise, or increase your range of motion without their direction.

FIRST POST-OP WEEK

- A well-padded post-operative dressing will be placed in the operating room. Keep this clean and dry until removed by PT/OT at your first appointment.
- Full weight bearing on the operative leg is permitted to your comfort. Some patient use crutches or a walker for a couple days after surgery, but this is not required.
- Quad sets and ankle pumps – perform 10 repetitions of each, 10 times a day, starting the day after surgery.
- **Take your pain medication as prescribed, as needed for pain.**
- PT/OT ~ 5 days postoperatively
 - Removal of postoperative dressing
 - Reaffirming correct performance of quad sets and ankle pumps, and crutch use
 - Edema control via compression, manual mobilization and/or cold therapy.
- Formal therapy to occur twice per week, with patient performing routine on own daily.

FIRST POST-OPERATIVE APPOINTMENT ~ 10-14 days after surgery

- Motion/incision check, suture removal.

3 WEEKS POST-OP - Scar mobilization techniques may be initiated by PT/OT.

4 WEEKS POST-OP – 2nd postop visit

- A return to work/sport protocol may be initiated. A work conditioning program is recommended for manual laborers, jobs that require heavy lifting, or lots of time spent on their feet. You may be permitted to return to work prior to this appointment
- A strengthening protocol with therapy bands, cables, free weights, pivoting, cutting, acceleration/deceleration activities, and plyometrics must be followed in a stepwise and progressive fashion.

12 WEEKS POST-OP – 3rd postoperative visit

Further follow-up may be scheduled based on patient progress, and clearance needed to return to full activity.