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MENISCAL REPAIR

Rehabilitation Protocol

You will be fitted with a brace with hinges. Weight-bearing is still allowed, but the brace needs to be locked out straight when walking. This protects the meniscus repair during weightbearing. Range of motion of the knee is limited to 0-90 when not weight bearing. The physiotherapist will instruct you on how to adjust the brace.

You can however start using an exercycle 4 weeks after surgery, with little to no resistance. Aim to spend 20-30 minutes per day on the bike.

Return to work depends on the nature of the work you do. As you will be in a brace for 6 weeks it is difficult to drive during this time. A medical certificate will be supplied.

For any questions or concerns please email: johngibbonssec@gmail.com