

**NOI- NORTSHORE ORTHOPAEDIC INSTITUTE
SPORTS MEDICINE SERVICE**

POST OP MENISCUS REPAIR INSTRUCTIONS

1. **Pain and swelling:** Expect a considerable amount of pain the first few days post-op. Take your prescribed pain medication for the first 2 days on a regular schedule, try not to hold off taking them because if your pain level becomes too high it may become more difficult to decrease. On day 3 decrease the frequency depending on your pain level. Although you will have pain it should be manageable. There may be a small amount of drainage at the surgery site the first few days, this is NORMAL and caused by the joint being filled with fluid during the surgery. The swelling will reside in 2-3 days.
2. **Wound care and dressing change.** Remove the dressing on post-op day #4. Leave the steri strips in place and the surgical site open to air.
3. **Brace:** Your brace will be locked in full extension (-10 degrees). Wear the brace at all times unless told otherwise. Wear at all times for walking, sleeping, straight leg raises
4. **Compression stockings:** These socks promote blood flow to your legs after surgery, in turn reducing the risk of blood clots. They will also help in controlling the swelling and fluid in your operative leg. Use these compression stockings on BOTH legs. You may remove them to wash as needed.
5. **Showering:** If there is not fresh drainage at your surgical site, you may shower on post op day #4. Keep the area dry by using plastic wrap (press and seal works well). Do not bathe or immerse the area for 6 weeks.
6. **Weight Bearing:** You may ambulate with full weight bearing on your surgical side. You must use your crutches.
7. **Exercises:** Please perform the exercises on the attached sheet 3-4 times per day (10 reps each):
8. **CPM (motion) machine:** The purpose of this machine is to initiate range of motion after surgery, preventing scar tissue formation. The machine will be dropped off at your home or brought to the surgery center the day of your procedure. Use the CPM machine 3-4 hrs per day, beginning the evening of surgery. Motion should be 0-10° the first day. Then increase the motion 10° per day for 7 days, goal of 70° for two weeks.
9. **Game Ready (icing):** Icing and elevation are important to help control swelling and pain. You will receive your Game Ready machine from a rep that will bring it to your home. You can use your cooling unit constantly. Do not put the pad directly on the skin. You can use regular ice packs if you elect against the ice machine.
10. **Physical Therapy:** You will begin formal physical therapy after your first post-op visit. You will be given a protocol at your visit to bring with you to your first session.
11. **Driving:** OK 1 week after surgery on LEFT side and 4 weeks after surgery on the RIGHT side. You must be off all narcotic medication and feel confident.
12. **Follow up:** Please call the office (312-664-6848) to follow up with Dr. Birmingham in 7-10 days.
13. **What to call for:**
 - a) Elevated temperature of 101.5F
 - b) redness along the incision
 - c) Poor pain control
 - c) calf pain
 - d) any other questions or concerns
 - e) emergency after hrs Dr. Birmingham

Your Home Exercise Program Following

Arthroscopic Knee Surgery

1. Towel Roll under the Heel

Purpose: To maintain and improve your knee extension range of motion.

Perform this exercise if you are having trouble getting your knee straight

Lie on your back with your non-operated leg bent.

Place a rolled up towel (approximately 4 - 6 inches in diameter) under the heel of your operated leg (**Figure 1a**).

Let your operated leg straighten as much as possible.

Try to maintain this position for 3 - 5 minutes.

Ice can also be applied during this exercise (**Figure 1b**).



Figure 1a



Figure 1b

2. Isometric Quadriceps Strengthening (Quad Sets)

Purpose: To strengthen the quadriceps muscle.

Lie on your back with your non-operated knee bent.

Place a small towel roll underneath your operated knee (**Figure 2**).

Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.

Hold this contraction for ____ seconds then slowly release.

Rest for 10 seconds between each contraction.

Perform ____ sets of ____ repetitions, ____ times daily.



Note: A towel roll is placed underneath the knee for this exercise only.

Note: Do not hold your breath with any of these exercises.

Figure 2

3. Straight Leg Raise

Purpose: To strengthen the quadriceps muscles.

Lie on your back with your operated knee straight.

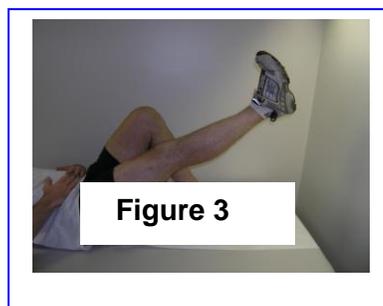
Bend your non-operated knee as shown. Gently tighten your stomach muscles

Gently tighten your thigh muscle (quadriceps) and slowly raise your operated leg to the level of the opposite knee (**Figure 3**).

Your leg should remain straight throughout this exercise.

Perform ____ sets of ____ repetitions, ____ times daily.

Note: If you have pain/discomfort with this exercise, stop and then try again each day until you can perform this exercise correctly and pain free.



4. Seated Active Assisted Range of Motion Exercises

Knee Flexion and Knee Extension

Purpose: To help improve motion and strengthen your knee.

Sit at the edge of the bed or a firm surface.

Support your operated leg with your non-operated leg.

Gently allow your operated leg to bend by supporting it and gently lowering it with assistance of the non-operated leg. **(Figure 4a)**

Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle as tolerated.

Now, actively bend your operated leg until you feel a stretch **(NO PAIN)** and hold for ____ seconds. **(Figure 4b)**

Now take your non-operated leg and place it in front of your operated leg.

Bend your operated leg with the assistance of the non-operated leg. **(Figure 4c)**

Now extend your operated leg all the way back up, using the non-operated leg for assistance. **(Figure 4d)**

Perform ____ sets of ____ repetitions, ____ times daily. Everyday

Red band indicates
operated leg



Figure 4a



Figure 4b



Figure 4c



Figure 4d