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Meniscus Tear (Knee): Repair vs. Meniscectomy

Surgery:

30 Minutes to 2 Hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for pain control

Goals:

Repair Meniscus tissue if healthy

Trim Meniscus tissue if unrepairable

Decrease pain/Improve Function

General Timeline After Surgery for Meniscus Repair

This will change depending on type of meniscus repair performed

0-1weeks Post-Op –
Toe Touch Weight Bearing with Crutches.
Wear brace at all times.

Begin Physical Therapy 1 week post-op (repair)

1-6 weeks Post-Op –
Repair - Weight bear as tolerated with brace and crutches. Limit flexion to 90 degrees

6-12 weeks Post-op –
Full weight bearing when walking. Full range of motion. Increase balance and strength.
No squatting/weight bearing with the knee bent past 90 degrees

3-6 months Post-op –
Focus on Strength and Balance. Gradually add agility work and sport-specific drills with a return to sports as symptoms allow. Don't push through pain.

General Timeline after Surgery for Meniscectomy (trimming)

Full Range of motion, Full weight bearing. Advance activities as tolerated. No Brace
Physical therapy is not required

Typical post-op appointments at 2 weeks, 8 weeks, 6 months post-surgery

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