PATIENT GUIDE · MENISCUS REPAIR

Your Meniscus Repair Roadmap

Keep this page. Protecting the repair early is what lets it heal.

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Your recovery timeline

0–4 weeks
PHASE 1 · PROTECT
Brace locked straight. Partial weight on crutches. **Motion: 0–90°, moved by your therapist only.**

4–6 weeks
PHASE 1 · PROTECT
Brace stays locked. Wean off crutches as tolerated. **Motion: up to 120°, still moved by your therapist only.**

6 wks–4 mo
PHASE 2 · STRENGTH
Brace comes off and strengthening begins. Keep increasing motion until you reach full range. **No deep knee bending or squatting for at least 4 months.**

4–6 months
PHASE 3 · RUNNING AND FUNCTION
Jogging begins at 4 months. Build strength, endurance and sport skills.

~6 months
RETURN TO SPORT
Meniscus repair alone: about 6 months, once you pass strength and return-to-sport testing. If your ACL was reconstructed at the same time, follow your ACL guide: 9 months minimum.

The first six weeks

Crutches: Partial weight for 4 weeks, then wean off as tolerated. A complex or radial tear repair may need 6 weeks.

Brace: Locked straight at all times, except during rehab. Stop at 6 weeks.

Incisions: Leave the dressing on and dry until your first visit. Keep steri-strips on for 2 weeks if you can.

At your first post-op visit: You may shower. Physical therapy begins.

Why we repair

A healed meniscus protects your knee for life's activities. If there is any chance a tear can heal, I repair it. Sometimes the tissue is too damaged to repair; we will tell you after surgery if that was the case.

No routine MRI. MRI is unreliable after a meniscus repair. We only order one if there is a problem.

Call us at (949) 759-3600 if you have: catching or locking in the knee (this can mean the repair has failed) · fever over 101°F · increasing redness, drainage or opening of an incision · new calf pain or swelling. **Chest pain or trouble breathing: call 911.**