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MENISCUS ROOT/RADIAL REPAIR GUIDELINES

	WEIGHT-BEARING STATUS	BRACE	RANGE OF MOTION	THERAPEUTIC INSTRUCTIONS	PATIENT'S POST OPERATIVE CHECKLIST
Week 0-6	Crutches NWB with foot rest on the ground for balance when standing.	Yes Locked in full extension while walking. Unlock the brace while resting.	0-90 ONLY Focus on regaining full extension. Place Towel under ankle.	Emphasize patient compliance to home exercise program and weight bearing precautions/progression Avoid pain with therapeutic exercise & functional activities Quad muscle reeducation Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion No open chain knee extension.	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Xarelto daily x 42 days/or DVT Prophylaxis prescribed to you ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Game Ready 4-6 times/day, 20min on/60min off. ○ Use brace while sleeping for 1-2 weeks post-op.
Week 6-8	WBAT Use crutches until discontinued by your physical therapist.	Yes Unlock brace with walking when good quad control achieved. Transition to unloader brace.	Full	Normalize gait Restore ROM, stationary bike. Patellar mobilization No open chain knee extension.	<ul style="list-style-type: none"> ○ Start Physical therapy, 1 weeks after surgery and should continue through 6 months. ○ Patients are responsible for understanding the individual insurance coverage for PT.

Week 8-12	Full WB	Unloader brace	Full	<p>PT/HEP: LE strength progression within parameters from PT/physician.</p> <p>Continue/normalize phase I exercises as needed</p> <p>Continue improving ROM, stationary bike with resistance as appropriate.</p>	
Week 13-22+				<p>Emphasize patient compliance to maintenance strength program</p> <p>Avoid pain with therapeutic exercise & functional activities.</p> <p>24+ Weeks - Avoid running/high impact exercise until adequate strength development and as advised by your PT and/or physician.</p>	

Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 4-6 weeks. This will help protect your knee until your quad muscle gets stronger. We recommend the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

Game Ready Ice Machine

- We recommend rental of this cold and compression unit offered by a hospital equipment vendor (Eschen). It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the vendor for rental information including cost.

Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks