

KNEE ARTHROSCOPY & PARTIAL MENISECTOMY

Post-Op (0-2 weeks)

- Crutches for comfort
- Weight bearing as tolerated
- Maintain full Tensor bandage for 2 days – reduce to single Tensor at knee.
- May shower after 3 days
- Range of Motion exercises as tolerated

Post-Op (2-4 weeks)

- No dressing or brace
- Full activities of daily living
- May begin light exercise if regained full range of motion and no effusion

Post-Op (4 weeks)

- Strengthening exercises
- Return to Sport or Manual Labour