



## Orthopaedics Victoria

### MENISCAL REPAIR

**Patient name:**

**Date of surgery:**

**Surgeon:**

**0-2 weeks:**

Weightbear with crutches  
Hinged Knee brace 0-90 degrees

**2-6 weeks**

Mobilise using crutches  
Quads strengthening  
Continue hinged knee brace 0-90 degrees

**6-12weeks**

Cease hinged knee brace  
Work on range of motion  
Quads and hamstring strengthening but no squats or lunges

**12 weeks**

Jogging

**6 months**

Return to sport

### MODIFICATIONS