

## **Post-Operative Rehabilitation Prescription Guidelines for NUsurface® meniscus implantation**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Instructions for the patient:**

1. Weight-bearing as tolerated with crutches until the patient is able to demonstrate control of their limb.
- b. Begin Physical Therapy within 48-hours of surgery.
- c. Core strengthening exercises
- d. Utilize the NUsurface® rehabilitation protocol as a foundation for successful rehabilitation and patient outcomes.

- Activity restrictions are listed below in the **Table bellow**

**IMPORTANT:** The first 6 weeks post implantation are critical. If the rehabilitation program is not followed precisely, it is possible that excessive fibrous tissue could form. This could limit the ROM and a manipulation under anesthesia, or additional surgery may be needed

### **Postoperative Protocol:**

#### **Day 1 to 7:**

- Compression bandage,
- Weight-bear as tolerated (cane or crutches)
- ROM exercises 3-4 times
- Straight leg raising exercises 3 times/day
- Quad settings 3 times/day
- Ice to control swelling and inflammation

#### **Day 8 to 14:**

- Discontinue knee immobilizer,
- Advance ROM (active, active-assisted, passive)
- Full weight-bear as tolerated
- Continue with strengthening exercises

#### **Day 15 to week 6:**

- Stationary bicycle with seat high to encourage extension
- Straight leg abduction/adduction exercises
- Closed chain exercises

#### **After week 6:**

- Open chain exercises if well tolerated

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Recommended	Recommended Only with Prior Experience	Not Recommended
Walking Low-Impact Aerobics Bowling Golf Dancing Swimming Yoga Boating/Canoeing	Cycling Hiking Rowing Cross-Country Skiing Speed Walking Doubles Tennis Ice Skating	Raquetball/Squash Contact Sports (Football, Rugby, Hockey, Soccer) Rock Climbing Jogging/Running Singles Tennis Water-Skiing Baseball/Softball Handball Martial Arts High-Impact Aerobics Basketball

**Table** Sample post-op activity guide, individual patients may require a personalized list.