



## **Meniscal Repair Post-Operative Time Line**

1. Your first Post operative appointment will be 7-10 days after the procedure. You will remain in your immobilizer until your next office visit in 3 weeks.
2. Your second post-operative visit will be 3 weeks after the previous visit. During this visit, we will discontinue the use of your immobilizer and give you another brace that allows for increased range of motion. You will be given instructions for Range of Motion. Physical therapy will begin 6 weeks after your surgery.
3. Your third post-operative appointment will be one month after the last appointment. Range of motion and strength will be assessed and you will be given another prescription for physical therapy.
4. Your fourth post-operative visit will be one month after the previous visit. Your range of motion and strength will be assessed. Further instructions will be given at this visit.
5. We will work together with your physical therapist to aid you in a proper and timely recovery.