



## **Knee Arthroscopy/Menisectomy/Debridement Post-Operative Time Line**

1. Your first post-operative appointment will be at one week after surgery. During this visit your incisions and range of motion will be assessed. At this time you will be given a knee sleeve and a prescription for physical therapy.
2. The second post-op appointment will be one month after the previous visit. During this time, range of motion and strength will be assessed. You will be given another prescription for physical therapy if needed.
3. The third post-op appointment will be one month after the second appointment. Your strength and range of motion will be assessed. A physical therapy prescription will be given if needed.
4. Further appointments will be scheduled on an as-needed basis.
5. We will work with the physical therapist to assure an appropriate and timely recovery.