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### Meniscus Tear - Discoid Meniscus

A Discoid Meniscus is an anatomic variant in development that's more prone to tearing because it doesn't have the same structure as a normal meniscus does

#### Surgery:

- 1-2 Hours Long
- Same Day Surgery
- Anesthesia may offer & recommend a nerve block for pain control

#### Surgical Goals:

- Repair Meniscus tissue if healthy
- Trim meniscus tissue if unreparable
- Decrease Pain/Improve Function

#### General Timeline after Surgery for Meniscus Repair:

- 0-1 week Post-Op: Toe touch weight bearing with crutches. In immobilizer brace in full extension with ambulation. Okay to begin 0-90 degrees flexion for range of motion while sitting.
- 1-6 weeks Post-Op: Slowly increase to full weight bearing; crutches as needed. Discontinue brace. Do not flex the knee past 90 degrees with weight bearing and non-weight bearing activity.
  - **Start formal Physical Therapy 2 weeks after surgery date**
- **(Find a physical therapist that's close to home and covered by insurance)**
- 6-8 weeks Post-Op: Wean from crutches until full weight bearing. Full range of motion okay when not weight bearing, however still avoid any squatting past 90 degrees.
  - 8-12 weeks Post-Op: Focus on strength and balance exercises. No range of motion restrictions. Gradually increase return to full activities between 3-6 months post-op. Don't push through pain.
- **Typical Post-Op Appointments: 2 weeks, 3 months, 6 months, and 1 year out from surgery**

**\*Changes to timeline may occur if other issues are found during surgery \***

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