NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Meniscectomy (Knee Scope)

Diagnosis Explanation:

A **meniscectomy** is a minimally invasive surgical procedure where damaged meniscus tissue is removed via arthroscopy (knee scope). This is performed when a **meniscus tear** causes persistent pain, swelling, and mechanical symptoms (locking, catching) that do not improve with conservative treatment. Recovery time depends on the **extent of meniscus removal** and **individual healing ability** but generally ranges from **4 to 8 weeks**.

Specific Work Modifications:

- **If your job requires standing or walking:** Use **crutches** (if prescribed) for the first **1-2 weeks**, then transition to a **knee brace** as needed. Take frequent seated breaks.
- **If your job involves lifting:** Avoid **heavy lifting and deep knee bending** for at least **4-6 weeks**. Use proper body mechanics.
- **If your job is desk-based:** Elevate the leg when sitting to **reduce swelling**. Perform gentle mobility exercises every **hour**.
- **Avoid:** Deep squatting, kneeling, prolonged standing, and repetitive knee stress.

Specific Activity Modifications:

- **If you run or play sports:** Avoid high-impact activities for **at least 6-8 weeks**. Begin with **low-impact exercises** like swimming or cycling.
- **If you hike:** Stick to **flat trails** for the first few months. Use **trekking poles** for extra knee support.
- **If you do weightlifting:** Avoid **deep squats, lunges, and leg presses** initially. Gradually add **controlled strength exercises** as tolerated.
- **Avoid:** Jumping, pivoting, running on hard surfaces, and any activity that worsens swelling or pain.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for cartilage and tissue repair.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Vitamin C** - 500mg daily to promote healing and collagen synthesis.
- **Turmeric (Curcumin)** - 500-1000mg daily for natural pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, eggs, tofu) to aid tissue healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to minimize inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to promote circulation and recovery.

Home Exercise Prescription (Post-Meniscectomy Rehabilitation)

Early Phase (0-2 Weeks, Reducing Pain & Swelling):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression (brace as prescribed), Elevation.
- **Ankle Pumps** - Move ankle up and down to improve circulation, **10 reps, 3x/day**.
- **Heel Slides** - Gently slide heel toward buttocks to improve mobility, **10 reps, 2x/day**.
- **Quadriceps Sets** - Tighten thigh muscle, hold for 5 seconds, repeat **10 reps, 3x/day**.

Strengthening Phase (2-6 Weeks, Regaining Function):

- **Straight Leg Raises** - Keep knee straight, lift leg, hold for 5 seconds, repeat **10 reps, 2x/day**.
- **Seated Knee Extensions** - Slowly extend knee, hold for 5 seconds, repeat **10 reps, 2x/day**.
- **Glute Bridges** - Lie on your back, lift hips while keeping hamstrings relaxed, **10 reps, 2x/day**.
- **Stationary Cycling** - Low resistance for **10-15 minutes/day** to improve mobility.

Advanced Phase (6+ Weeks, Stability & Return to Activity):

- **Mini Squats (No Deep Bending)** - Slight knee bends while keeping weight on heels, **10 reps, 2x/day**.
- **Step-Ups** - Step onto a low platform, push through the heel, repeat **10 reps, 2x/day**.
- **Balance Exercises** - Stand on injured leg for **10-20 seconds**, increase as tolerated.

Helpful Books:

1. *The Knee Injury Bible: Everything You Need to Know About Knee Pain, Prevention, and Treatment* - Kevin R. Stone, MD.
2. *Heal Your Knees: How to Prevent Knee Surgery and What to Do If You Need It* - Robert Klapper, MD, and Lynda Huey.

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out

Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.