

## Putting you back in the game.



## Recovery

Following your procedure, you will be given detailed instructions on the best way to heal, recover and regain strength in your knee.

- Rest, ice, compression and elevation is recommended immediately after surgery;
- Ice packs may be used several times per day for the first few days to control swelling and pain;
- Temporary use of crutches may be helpful to limit the amount of weight placed on your leg.

You may be encouraged to schedule some appointments with our Physical Therapy Department. Our therapists will help you regain range of motion and strength. This could help you to return to your normal day-to-day and athletic activities more quickly.

At your first appointment a physical therapist will perform an evaluation and recommend a treatment program. This program will include instruction in some gentle exercises for you to perform both in therapy sessions and several times per day at home.

You will be discharged from Physical Therapy when your therapist feels that your goals have been met and are able to return to your active lifestyle.

**For Physical Therapy Appointments:**  
**508-434-1444**

Three Convenient Locations:  
20 Southbridge Road, Charlton  
100 South Street, Southbridge  
72 Cudworth Road, Webster

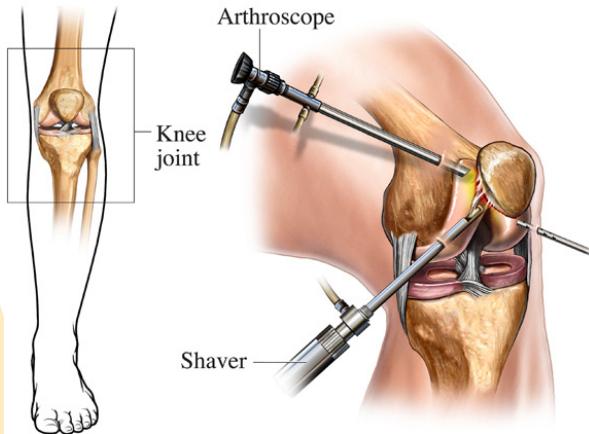
94 South Street  
Southbridge  
508-764-2772

**Harrington**  
PHYSICIAN SERVICES  
*Compassionate Quality Care*

# Understanding Meniscus Tears

The **meniscus** of the knee is a cushion of cartilage between your thighbone and shinbone. The meniscus is rubbery and helps keep your joint protected.

Meniscal tears are one of the most common knee injuries. Athletes, particularly those who play contact sports, are at risk for meniscal tears; however, they can happen to anyone of any age. Older individuals often have meniscal tears due to weakening cartilage or worn tissue.



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Typical symptoms associated with a meniscal tear include:

- Pain
- Stiffness and swelling
- Catching or locking of the knee
- A sensation the knee is “giving way”
- Being unable to move the knee through its full range of motion

## Your Evaluation

The orthopedic surgeons at Harrington HealthCare can help evaluate your condition and determine the best course of treatment. For your convenience, our office has on-site X-Ray to provide quick and easy imaging of your knee. We also have additional imaging modalities, including CT Scan and MRI on our hospital campus for quick access. All our imaging services are read by Harvard Medical Faculty Physicians from Beth Israel Deaconess Medical Center.

If an evaluation determines your tear requires surgical management, we will recommend **Knee Arthroscopy Surgery**.

## Your Surgical Procedure

A **Knee Arthroscopy** is one of the most common orthopedic surgical procedures. A miniature camera is inserted through a small portal. This provides a clear view of the inside of the knee. Your orthopedic surgeon inserts small surgical instruments through a second portal to trim or repair the tear.

You will have a pre-surgical consult to discuss the procedure and any instructions or medications. Your doctor will explain what to expect the day of the surgery. You will also be given basic instructions for post-surgical care recommendations.

Following surgery, most patients can expect to go home the same day. Some people find crutches useful for several days to avoid placing too much weight on the knee. Rest, ice packs, and elevating the knee are also common at-home care recommendations, as well as exercises recommended by your surgeon.

