



HEALTH

UNIVERSITY OF UTAH

Dr. Robert T. Burks, MD
University Orthopedic Center

Meniscus Tear (Knee): Repair vs Partial Meniscectomy

Surgery:

- 0.5-2 hours long
- Outpatient Surgery
- Anesthesia may offer a local nerve block in the case of a repair to help with pain control

Surgical Goals:

- Repair meniscal tissue as anatomically as possible, depending on the condition of torn meniscal tissue
- Resect and debride torn cartilage as needed to prevent further tearing and damage to other structures within the knee

General Timeline After Surgery:

- **0-1 week** Post Op: Unless you've had a partial meniscectomy, you will likely have weight bearing and range of motion restrictions. You will be contacted after surgery to communicate these restrictions and your discharge instructions will also include these details.
- **1-6 weeks** Post Op: Begin therapy as needed to advance motion and return to weight bearing. You may not need therapy, as in the case of a partial meniscectomy, but it is always available to you should you have the desire to work formally with a physical therapist.
- **6-12 weeks** Post Op: begin to return to activity as tolerated, limiting pounding activities if you've had a meniscus repair. Stationary bike is a great option for getting motion back and building strength in the quads and hamstrings, but elliptical is also a reasonable option.
- **3-6 months** Post Op: Begin return to full activity and return to sports, running, jumping, work duties, etc.
- **6-9 months** Post Op: Gradual return to lifting and repetitive activity and sports. Continue to progress therapy and home exercise program.
- **Return to work will largely depend on the type of work you do. Light desk work at a keyboard can begin immediately, while any lifting or repetitive motions may not be approved until 3-4 months post op.**
- **Post Op appointments generally scheduled around 1-2 weeks and 6 weeks for partial meniscectomy, with additional 3 months, 6 months in the case of meniscal repair**

Dr. Burks' Team Contact Info:

For More info, please see robertburksmd.com

Clinic/Pre and Post Op Questions

Phone: 801-587-7198

Email: chad.derby@hsc.utah.edu

Clinic/Work Letters

Phone: 801-587-1280

Email: oliver.herrera@hsc.utah.edu

Clinic Fax Number: 801-587-7111

Surgery Scheduling

Phone: 801-587-7013

Email: s.rehn@utah.edu