



Recovery After Surgery

After the surgery, you will wear a knee brace for the first four weeks. You also may need crutches for three days to six weeks. Pain is usually managed with medications.

Physical therapy will help you regain the motion and strength of your knee. Therapy lasts for between one to six months.

How soon you can return to work will depend on your job, but it can take anywhere from one to four weeks. Most people have to wait between one to six months to fully return to activities and sports such as golf, swimming and running.

Patient Testimonials

“Before the surgery, walking was not a problem. It was the activities such as running and jumping that caused pain. I had the medial side replaced first. It rehabbed nicely over about a 2 month period. Then I got the lateral side done to get this knee back to 100%.”

“Now that I’ve had the allograft I’m able to do anything I want to do. I can walk any distance. I can go to Disney World and walk the whole park. I can golf, I can ride my bike and go dancing.”

The Florida Knee and Orthopedic Centers

Established in 1983, has a national reputation for excellence in orthopedic innovations and state-of-the-art surgery. Specializing in knee, hip and spine problems, the surgeon group annually performs 26% of joint replacements done in Pinellas County, Florida, a population center of over 1 million with 100 orthopedic surgeons. This continued market dominance is a result of the centers’ focus on clinical outcomes, patient satisfaction, cost-effectiveness, volume, staffing skill mix and patient education.



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The Florida Knee & Orthopedic Pavilion

Located in Pinellas County, the Florida Knee & Orthopedic Pavilion is a luxurious facility at Largo Medical Center overlooking the golf course. While enjoying the hospital’s quality resources, the Florida Knee & Orthopedic Pavilion offers hotel-like amenities and a unique patient-centered care experience.



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Largo Medical Center

Knee Arthroscopic Surgery Meniscal Allograft



**Decrease the Risk of
Osteoarthritis & Knee Pain**

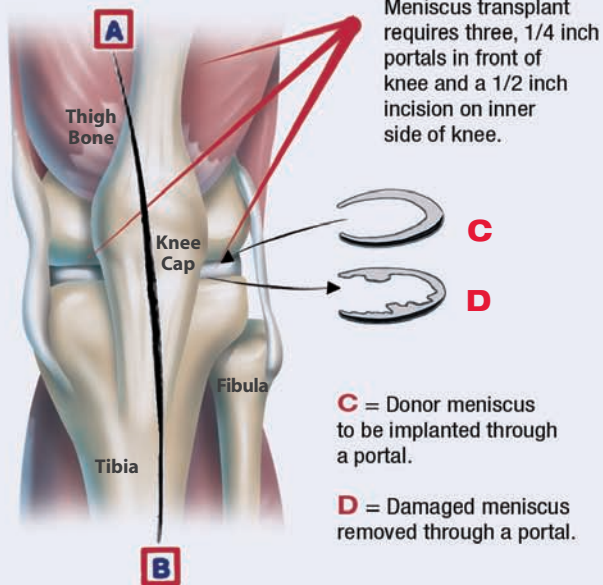
About Meniscal Allograft

If you have damaged or torn knee cartilage, this advancement in arthroscopic surgery can help. The **Florida Knee & Orthopedic Centers** and the **Florida Knee & Orthopedic Pavilion** at Largo



Medical Center specialize in meniscal allograft procedures. This surgery can decrease knee pain and prevent loss of lifestyle and activity due to osteoarthritis.

Meniscal allograft transplantation is a type of surgery in which a new meniscus, a cartilage ring in the knee, is placed into your knee. The new meniscus is harvested from a deceased donor. Thanks to controlled freezing of the donor tissue, physicians can perform a meniscal allograft transplant.



Note: Conventional "open" surgery would require a 7-inch incision that would reach **A** to **B**.

Who Should Have Meniscal Allograft?

There are two cartilage rings in the center of each knee, one on the inside (medial meniscus) and one on the outside (lateral meniscus). When a meniscus is torn, it is commonly removed by knee arthroscopy. Some people still have pain after the meniscus is removed.

The meniscus transplant is only done in cases of tears that are so severe that all or nearly all of the meniscus cartilage has to be removed. The new meniscus can alleviate knee pain and possibly prevent future arthritis.



If your doctor finds that you are a good candidate for a meniscus transplant, X-rays or MRI of your knee are usually taken to find a meniscus that will fit your knee.

Progress Chart

Activity Time

Use Crutches	Up to 6 weeks
Wear Brace	4 weeks
Use Cane	None
Sutures Removed	10-14 days
Physical Therapy	Up to 6 months

Return to Work

Sedentary (Desk Job)	1 week
Active	3 weeks
Heavy Labor	8 weeks

Play Time

Swimming	5 weeks
Golf (<i>Sneakers, No Cleats</i>)	8 weeks
Running, Basketball, Tennis, Bowling, Baseball, Biking, Weight Training, etc.	12-16 weeks

About Meniscal Allograft Surgery

This outpatient surgery requires no overnight stay. The meniscus transplant is usually performed by knee arthroscopy with very small incisions. When arthroscopy is performed, a camera is inserted into your knee and is connected to a video monitor.

First, the surgeon will check the cartilage and ligaments of your knee. Then, the surgeon will confirm that a meniscus transplant is appropriate and that you don't have severe arthritis of the knee.



The new meniscus will be prepared to fit your knee correctly. If any tissue remains from your old meniscus, it will be removed and then the new meniscus will be inserted.

How is the meniscus injured?

Any sudden twisting of the knee can tear the cartilage, causing pain and swelling.

A typical injury is caused when the foot is planted in one direction and the knee twists in the other direction.

