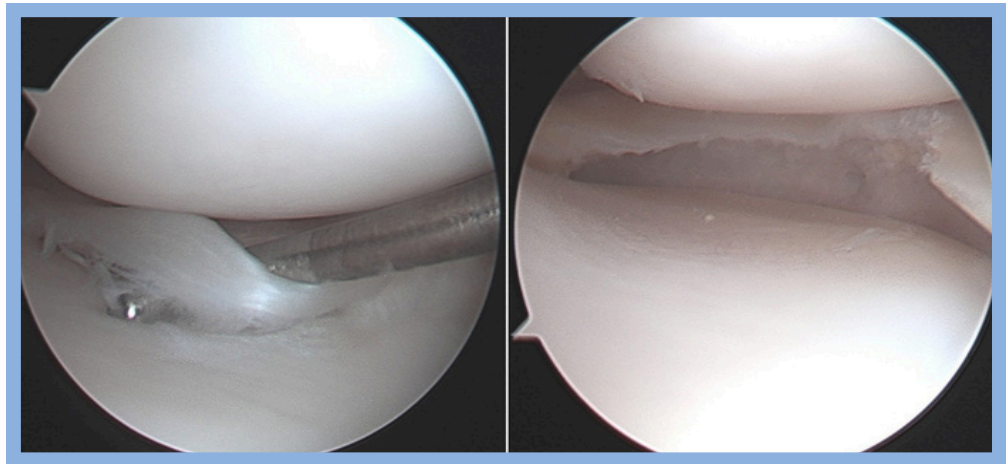




Mr Vishal Pai  
ORTHOPAEDIC KNEE SURGEON

## **How Partial Meniscectomy Can Help You Get Back on Your Feet**



**0386570595**



**[vishalpai.com.au](http://vishalpai.com.au)**



If knee pain hits hard and makes getting out of bed a chore, let alone walking the dog or chasing kids. When pills and rest don't cut it, a meniscus tear's often the culprit. Here, a [partial meniscectomy](#) can fix the issue.

## Partial Meniscectomy offers the Solution

Picture a flap of torn cartilage catching in your knee, causing swelling or that grinding feel. Surgeons snip out just the busted bit during a partial meniscectomy, leaving the good stuff intact. Keeps your knee stable long-term and reduces the ache.

## Benefits of the Operation

No big cuts or drama here; it's all about innovative, low-impact work:

- Tiny holes mean less bruising around the joint
- Full scope inside spots every problem
- Ditching the loose tear stops the knee from locking up
- Most people can put weight on their leg right after the surgery.
- Physio starts early to build strength and flexibility.

## Conclusion

Most people doing desk work are back in about a week. After two weeks, the doctor will check your healing and remove stitches.

Physio helps make your leg stronger and movement easier.

You can start running again around 6 to 8 weeks if you're recovering well.

If knee pain is holding you back, a partial meniscectomy can help you move more easily and feel better. Ready for less pain and steadier steps? It's a straightforward solution. Consult Mr Vishal Pai (Orthopaedic Knee Surgeon) about your partial meniscectomy options today.

**Mr Vishal Pai Orthopaedic Knee Surgeon**

**Suite 1/60 Bay Rd, Sandringham, VIC, 3191, Australia**

**0386570595**