



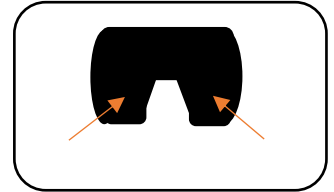
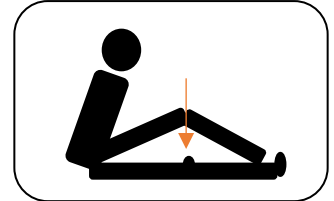
KNEE ARTHROSCOPY

RECOVERY FROM SURGERY

Whilst having a knee arthroscopy is usually a day case procedure, your knee will be painful and swollen following surgery. It is *important to relatively rest* your knee as much as possible for the first 2 weeks to allow swelling and pain to settle; only doing your basic prescribed exercises (overleaf).

The **main priorities** during this phase are to achieve a *calm knee*. Focus on:

- **Reducing Swelling.**
- **Regaining full extension** (get the knee straight). Avoid resting a pillow directly under your knee.
- **Regaining quadriceps** (thigh muscle) activation.



Swelling Management: Minimising swelling as soon as possible is a **key factor** to your progress. As swelling improves, so does your mobility, movement, pain and ability to strengthen your muscles. Ways to reduce swelling include:

- 1) Elevating your operated leg when resting; ideally above your groin.
- 2) Applying ice, wrapped in a damp tea towel, for 10-15 minutes, 3-4 times per day
- 3) Performing your ankle pumps and static quadriceps contractions.
- 4) Wearing your tubigrip. This is removed at nighttime.

Walking: You are typically walking with elbow crutches for between 2-4 weeks, unless you have had a meniscal repair, then you may be walking with crutches for at least 6 weeks. You should try to walk with *a normal walking pattern* with your crutches. Only wean off the crutches once you are walking normally and following advice from your physiotherapist.

Circulatory Advice: Undergoing surgery increases your risk of blood clot. You can help reduce this risk by keeping mobile, completing your exercises regularly and avoiding sitting or lying for prolonged periods.

Dressings: Your incision sites will be covered with small dressings. These will be removed at your follow-up appointment in orthopaedics which is usually approximately 2 weeks post-op. Try to keep these dressings dry.

Physiotherapy: You are not routinely referred to physiotherapy following a standard arthroscopy but if you have any concerns please talk to your consultant team at your orthopaedic follow-up appointment.

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PHASE 1: RECOVERY FROM SURGERY: TYPICAL EXERCISES

Knee extension Stretch



Lie on your back with some pillows under the foot of your operated leg. Ensure there is a gap between your leg and the bed. Try to straighten your knee as much as you can. Rest for up to 5-10 minutes. Repeat 3 times per day.

Static Quadriceps Contractions



Sit upright on your bed or on the floor, with your legs straight in front of you. Tighten your thigh muscles on both legs and try to push your knees downwards into the floor or bed. You should see the thigh muscles contracting. Repeat 15 times. Repeat a minimum of 3 times per day.

Knee range of movement



Lie on your back with your legs straight. Bend your operated knee as much as you can by sliding your heel towards your bottom and then straighten again. * You may be restricted if you have had a meniscal repair. Your physio will advise you on this. Repeat 6-8 times. Repeat a minimum of 3 times per day.

Calf Stretch



In a standing position, use a wall, table or chair for support. Step your operated leg back behind you. Keep the heel on the floor and toes pointing forwards. Keeping the back heel down and knee straight, move your bodyweight forwards to feel a stretch in your calf. Hold for 45 seconds, repeat twice, 3 times per day.

Closed chain quadriceps press into ball / cushion / band



Sit with your legs out in front of you. Place a small ball or cushion against a wall. Put the foot of your operated leg up against the ball or cushion with the knee slightly bent. Push through your heel to straighten your knee. Repeat 10 times, 3 day

Standing Knee Flexion



In standing, slowly bend your operated knee to bring your heel towards your bottom. Repeat 8 times, 2 times a day.

Patella Mobilisations



Sitting with your knee relaxed, move your kneecap (patella) side to side and up and down. Repeat 20 times, 3 times a day.

Ankle Pumps



Lie on your bed, move your toes and feet up and down. Repeat 30-40 times Repeat 5 times a day