

PATIENT INSTRUCTIONS POST KNEE ARTHROSCOPY

Instructions

- Do only those exercises recommended by your surgeon or physiotherapist.
- The exercises should not cause any sharp pain - if they do, please discuss it with your physiotherapist and / or surgeon
- Exercises are to be performed 4-6 times a day.

Following surgery you should

- Rest and ice your knee for the first 48 hrs. Apply ice for 20 minutes at a time every 3-4 hours.
- Keep your knee elevated when not walking around, above the level of your heart. It may be easier to recline or lie down.
- Use the crutches for walking initially, but put as much weight through the operated knee as tolerable, unless instructed otherwise.
- You may be able to walk without crutches post-operatively, but should be able to wean yourself off the crutches within five days.
- Make an appointment to see your physiotherapist within a few days of surgery. Prior to seeing the physiotherapist you can begin with the exercises demonstrated below.

1. Calf Pumps

Pull toes & ankle up, then push toes and ankle down.

Repeat: 20 times



2. Heel Slides

While sitting slide your heel back towards your bottom.

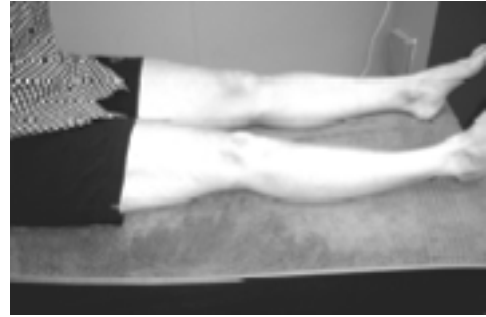
Hold: 5 seconds.

Repeat: 10 times



3. Co-contraction

Contract your hamstrings by pushing your heel into the bed and then co-contract your quadriceps while holding the hamstring contraction. This exercise may also be performed with a rolled towel behind the knee and attempt to squash the towel while keeping your heel on the bed.



Hold: 5-10 seconds.

Repeat: 10 times

4. Passive Knee Extension

Place heel up on a chair while sitting. Allow your leg to straighten out completely.



Hold: 1-5 minutes

5. Heel Raises

Keeping both feet on the ground. Rise up onto your toes using a wall or furniture to stabilise if needed.



Repeat: 15 times x 3

INSTRUCTIONS ABOUT THE DRESSINGS (unless told otherwise, the following will apply)

Under your bandage there will be a layer of “soft band” – cotton wool bandage, and under that the dressings covering the wounds. The wounds will be closed with “dissolvable” sutures and often reinforced with steristrips, in most cases.

If you are seeing the surgeon for your post-operative review within 6 days, leave all the bandages intact until then. If your appointment is 7 days or more later, you can “de-bulk” the bandages after 5 days. This involves taking off the bandage and the cotton wool, and either, leaving them both off if you feel comfortable, or re-apply only the bandage (without the cotton wool). It is common for there to be some blood visible under the bandage, which has soaked through the dressings covering each of the wounds, so this should not cause alarm. Leave the dressings covering the wounds until you attend your follow up appointment.

PHONE TO CONFIRM APPOINTMENT TIME ON ___/___/___