

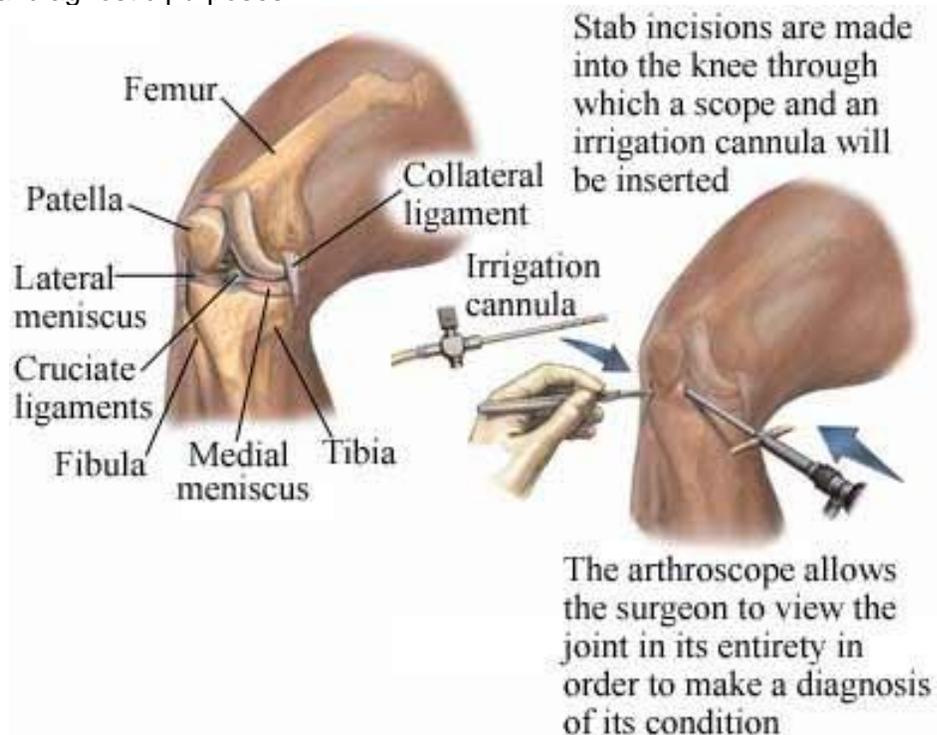
# KNEE ARTHROSCOPY POST-OPERATIVE REHABILITATION PROGRAMME

## ABOUT THE OPERATION

The arthroscope is a fibre-optic telescope that can be inserted into a joint. A camera is attached to the arthroscope and the picture is visualized on a TV monitor. Most arthroscopic surgery is performed as a Day-Only procedure and is usually done under general anaesthesia. Knee arthroscopy is a common procedure and over 100 000 arthroscopies are performed in Australia each year.

Arthroscopy is useful in evaluating and treating the following conditions:

- Torn floating articular cartilage or meniscus: The articular cartilage and/or meniscus is trimmed back to a stable rim or repaired.
- Removal of loose bodies (cartilage or bone that has broken free and is floating in the joint) and cysts.
- Patello-femoral (knee-cap) disorders.
- Washout of infected knees.
- General diagnostic purposes.



## **AFTER THE OPERATION**

The main aim of the first 2 weeks is to keep swelling and pain to a minimum and to restore range of motion and strength and begin walking normally.

- Apply ice to the knee for 20 minutes after each set of exercises, i.e. 3-4 times per day.
- When applying ice, keep the leg in elevation. Sitting with your leg up on a stool is not adequate, you need to have the whole leg above the level of your heart. For example, lie on floor/bed with foot up on chair/pillows etc.
- There should be little or no pain associated with the exercises. If this is not the case please consult your Physiotherapist or Surgeon before continuing.
- Do not rest with a pillow crossways under your knee. It should rest completely straight.

## **Ambulation**

- Use crutches and partially weight bear through operated knee **ONLY** for the first 1-2 days if required

## **Frequency of Exercises**

- 3-4 times per day, unless otherwise indicated.

### **IF YOU HAVE ANY DIFFICULTIES OR CONCERNS PLEASE CONTACT BODY LOGIC PHYSIOTHERAPY**

Pre & Post Operative Rehabilitation is a major factor in the success of arthroscopic surgery.

Rehabilitation after your surgery is an integral part of optimizing your return to full function and providing greater certainty of the best possible result from your surgery.

Let **Body Logic Physiotherapy** help you achieve your goals.

Contact our reception to make an appointment

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# EXERCISES PROGRAM

(Exercises to be done 3 times per day)

## Stage 1 (0-2 weeks):

### Goals:

1. Control Swelling
  - **REST** by minimising the activity that makes the swelling worse, such as excessive walking
  - **ICE** – 15 to 20 minutes, 4 times per day
  - **COMPRESSION** – Wear tubigrip during the day can help to reduce swelling.
  - **ELEVATE** – rest as frequently as you can with your leg up on a bed/couch with the knee above the level of your heart to aid in reducing the swelling at the knee
2. Mobility
  - Achieve correct gait, FWB.
3. Exercises
  - Achieve full passive extension (straighten out flat)
  - Achieve full flexion (bending of the knee) – may be limited by swelling



### Hamstring Stretch

With hands behind knee, pull knee towards chest until a comfortable stretch is felt in hamstring. Hold 30 seconds. Repeat 2 times per set.



### Gastrocnemius Stretch

Keeping knee straight, with toes onto wall or step lean forward to bring knee towards wall. Hold 30 seconds. Repeat 2 times per set.



### ITB Stretch

Cross leg behind, reach up and across to form a “C” shape. Feel the stretch down the side of the leg and trunk. Hold 30 seconds. Repeat 2 times per set.



### Knee Flexion in Sitting

1. Gently bend your knee towards you (you can use a towel to assist this)
2. Hold at the comfortable limit of flexion for 5 seconds.
3. Straighten your knee slowly
4. Continue slowly 10 times.



### Heel Lifting

1. Sit with a rolled up towel under your knee and the thigh rolled outwards slightly.
2. Place fingers on inner thigh just above kneecap to feel quadriceps/Vastis medialis muscle contracting.
3. Lift heel off bed and tighten quadriceps.
4. Hold contraction for 5 secs, rest for a few seconds.
5. Repeat 3 x 10 times.



### Patella Mobilisation

With knee straight and relaxed, gently move kneecap from side to side



### Quad Sets/Extension

1. Sit your leg straight.
2. Press the back of your knee downwards by tight the muscle on the front of your thigh.
3. Hold for 5 seconds.
4. Repeat 3 x 10 time, 6x a day

Once you have mastered long sitting progress to:



- Sitting in a chair (pic on left)
- Standing (pic on right)



### **Exercise Bike**

As soon as your able start stationary cycling.

Start with no resistance gently for 5 minutes



### **Standing Balance**

When COMFORTABLE start standing on one leg

Try to maintain your balance for as long as possible up to 30secs



### **Heel Raises**

Stand with weight equally through both legs  
Without leaning forward rise up onto your toes  
2x10reps



### **Double Leg Bridging**

Once you have regained full movement in your knee and it is no longer swollen (>1 week) begin this exercise  
Keeping the weight through your heels raise your bottom off the floor.

Hold 30s , 3 reps  
2 sets