

# Following your arthroscopy to the knee



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## **Your operation**

This involves looking at the inside of your knee joint with a small telescope to check the joint surfaces, cartilages and ligaments. Minor procedures such as trimming of the cartilage may be performed at this time.

You will probably have one small scar on each side of your knee, held with either stitches or steristrip dressings. You will be advised about these after your operation.

Following your operation you will have a wool and crepe bandage on your knee that you can remove after \_\_\_\_\_ days.

Bending your knee will be uncomfortable at first and should not be pushed for the first two days. Do not worry if bending your knee feels tight as movement usually returns easily.

## **Walking**

Following your operation you may use your leg straight away. If walking is difficult you will be given a stick or pair of crutches. You should stop using these as soon as possible, or when you feel confident to do so (unless otherwise advised by your physiotherapist on the day of your operation).

Remember:

- to rest your knee and fully support it on a stool or chair for the first two to three days
- gradually increase your amount of walking each day
- too much walking, standing or sitting with the knee bent will make the knee swollen and painful
- do not worry if, at first, you limp a little. This will improve with time.

## Walking up and down the stairs

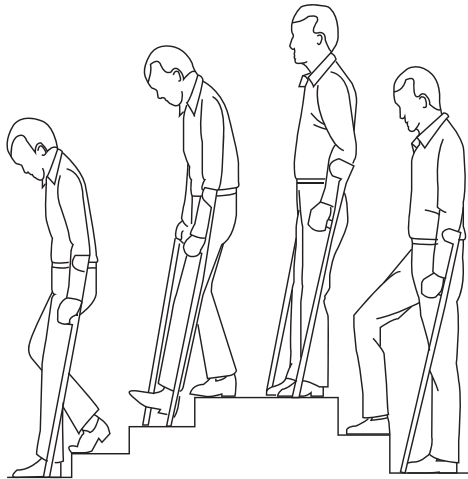
Take one step at a time. Hold the hand rail if there is one available. Then take both of your crutches in your other hand as shown by your physiotherapist.

Walking up:

1. Unoperated leg
2. Operated leg
3. Crutches/sticks

Walking down:

1. Crutches/sticks
2. Operated leg
3. Unoperated leg



## Work

The time it takes to return to work will vary from person to person (two weeks is the time advised).

## Driving

It is advisable not to drive for the first two weeks. You must be able to do an emergency stop safely.

## Outpatient physiotherapy

You may be referred for outpatient physiotherapy. If so, your appointment will be at:

Hospital: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Follow up appointment

The doctor or nurse on the ward will give you information about your follow up appointment.

## Exercises for your operated leg

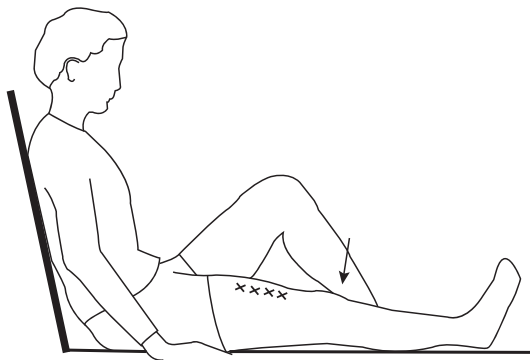
You must do some exercises for your thigh muscles immediately after your operation and must continue these regularly at home.

### Ankle Exercises

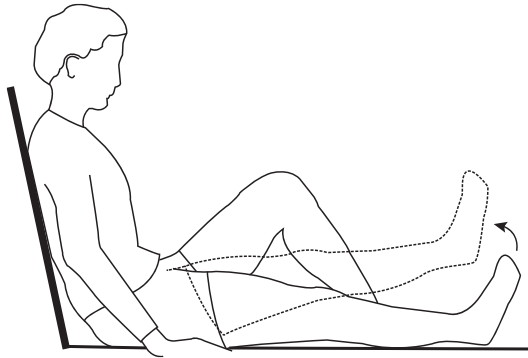
Regularly move your feet up and down at the ankle to keep circulation flowing and help prevent clots.

### Quadriceps Exercises

Sit on a firm surface, such as your bed or the floor, with your legs out in front of you. Bend your unoperated leg. Pull your toes, foot and ankle of your operated leg towards you. At the same time brace your knee down onto the bed or floor. Hold the contraction for a count of three (slowly) and then relax it. **This must be done slowly to be effective.** Repeat 10 times.



Sitting as before, brace your knee as above. Lift your operated leg, keeping the knee straight, about six inches off the floor or the bed. Hold for a count of three then lower slowly and relax. Repeat 10 times.



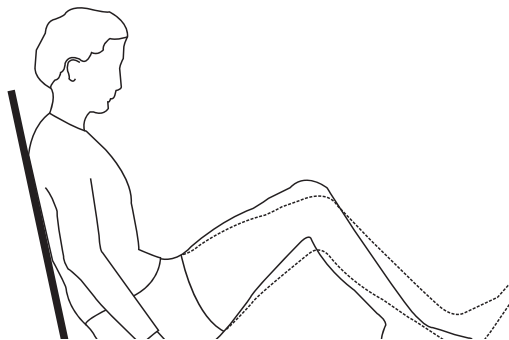
**Both of these exercises should be done hourly during the day for the first two days and then at least four times a day for at least two weeks.**

### **Bending exercises (flexion)**

Bending of the knee is uncomfortable at first and should not be pushed for the first two days. Do not worry if bending the knee feels tight - this is normal due to post-operative swelling.

### **Knee bends**

Sitting as before you may use a board for this exercise and at home you may use a tray. Keeping your heel down on the board, slide your foot towards you, bending your knee. Hold it at the full bend for three seconds and then release.

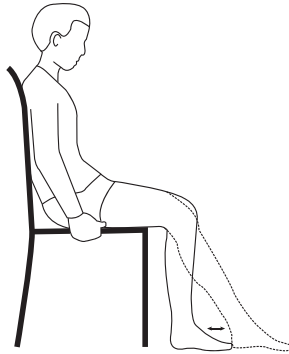


Repeat this exercise \_\_\_\_\_ times \_\_\_\_\_ times a day.

**The advice in this leaflet is a guide only - please refer to your admission letter and any special instructions you have been given by your consultant.**

## Knee bends in the chair

Sit in a chair with your feet on the ground. Slide your operated foot firmly towards you and then away. Hold for three seconds in the fully bent position.



Repeat this exercise \_\_\_\_\_ times \_\_\_\_\_ times a day.

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01872 252690

