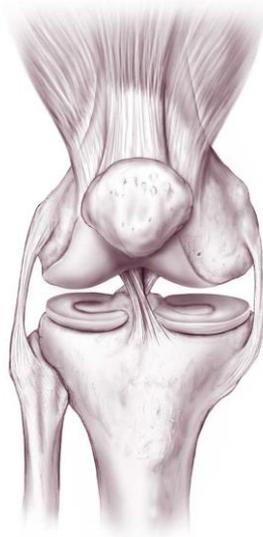


Orthopaedic Physiotherapy

Knee Arthroscopy (Physiotherapy following surgery)



What is an Arthroscopy?

An arthroscopy is the examination of a joint using a camera and instruments inserted through two or three very small incisions. This allows a diagnosis to be made and any necessary treatment to be carried out.

What to expect afterwards

You will have a bandage covering your knee, which can be removed after 24 hours. You will have a stitch or strip keeping the wound edges together: keep these covered and dry to allow them to heal; this usually takes 3-5 days. If you have stitches in your knee, make an appointment with your practice nurse to have them removed.

You will need to rest until the effects of the anaesthetic have worn off. It may take several hours before the feeling comes back into the treated knee.

It is normal for your knee to ache and be slightly swollen after the arthroscopy. For this reason you will be given painkillers, which you should take regularly, as advised. Keeping your leg raised, applying ice packs can also help reduce the pain and swelling. To apply an ice pack, wrap a bag of crushed ice or a packet of frozen peas in a tea towel and place over the area for 15 -20 minutes. This can be done regularly throughout the day.



Patient Information

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

The exercises might be quite hard initially and you may feel a little sore, but it is vital that you maintain the range of movement in your knee and the strength in your leg muscles, especially the quadriceps.

Before your arthroscopy you should be seen by a physiotherapist who will teach you these exercises and give you some general advice.

Ankle exercises

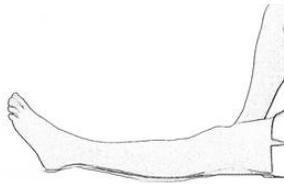
Lying on the bed with your heels free, move your ankles briskly by pointing your feet up and down and circling them. **Do this for 10 seconds.**

Static gluts

Squeeze your buttocks together and hold for 5 seconds. **Repeat 5 times.** Try to make sure the thighs stay relaxed and only your bottom muscles are working

Static quadriceps

Lie with your leg extended and pull your toes towards you. Tense the muscles at the front of your thigh and push your knee firmly against the bed, as though you are sliding the heel down the bed away from you. Hold for 5 seconds then relax. **Repeat 5 times**



Inner range quadriceps

With a rolled towel underneath your knee, tighten your thigh muscle and extend your knee so your heel lifts off the bed. Make sure the back of your thigh stays in contact with the towel. Hold for 5 seconds then relax. **Repeat 5 times**



Straight leg raise

Keeping your leg as straight as you can, tense your thigh muscle as you did for the first 'static quadriceps' exercise and slowly lift your leg about 20cm off the bed. Hold for 5 seconds and then slowly lower it to the bed. **Repeat 5 times**



Patient Information

Lie on your back and slide your foot upwards, drawing your heel as close to your bottom as possible. **Repeat 10 times.**



If this exercise is too painful you can:

- Assist the movement by pulling on a strap positioned beneath your foot or at the bottom of your shin, or
- You can lie on your side with your operated leg supported on the bed and slide your knee up and down to bend it

Daily Activities

Walking: You may be advised to use crutches by the therapy team. You should try and walk as normally as possible and build up the distance you walk gradually.

Stairs: When walking upstairs put your **non-operated** leg up first. When walking downstairs put your **operated** leg down first.

Physiotherapy: An outpatient physiotherapy appointment will be arranged if your knee condition requires an individual treatment programme.

Work: You may return to work when your knee feels comfortable and it will withstand the stresses of your job. The average time required off work is usually 2 weeks.

Driving: It may be possible to drive after 3-7 days but check with your insurance company. In order to drive, you must make sure you can bend and straighten your knee well and that you can perform an emergency stop

Sport: It is not advised to return to competitive sports until you can hop, squat, sprint, make direction changes and sudden stop starts, without experiencing pain.

If you have any queries or concerns please contact:

University Hospital Coventry and Warwickshire Telephone: 024 7696 5046

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

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