

Physiotherapy - Orthopaedics

Trochleoplasty: Exercises

This advice sheet aims to provide patients with exercises to complete following Trochleoplasty surgery.

A trochleoplasty is performed to stabilise the patella (kneecap) and prevent further dislocations. During this procedure the surgeon reshapes the part of your knee (trochlea) in which the patella glides.

What to expect after surgery

Pain and swelling management

A nerve block may be used during the operation which means that immediately after the operation your knee and leg may feel heavy and numb for a few hours. When the block starts wearing off please ask for pain killers to be given and take them as advised. You may have some discomfort for several weeks after the surgery but taking your prescribed painkillers regularly for the first few weeks will make you more comfortable and allow you to do your exercises.

You must rest, ice and raise your leg to reduce the pain and swelling around your knee.

Raise your leg in a straight position and with the whole leg supported (see image).



Patient Information

Use an ice pack or ice wrapped in a cloth on your knee for 20 minutes at a time. Try to do this every 2 hours.



Wound

Your knee will be bandaged; this is removed 24 hours after surgery leaving the smaller dressings which cover your wounds. If you have stitches, you will be given instructions by the nursing staff for their removal at your GP surgery. They will also give you the information regarding general wound care.

Knee Brace

You may be fitted with a hinged knee brace for mobilising after your surgery. Please refer to 'Your Knee Brace' information sheet for specific instructions for your brace settings and using your brace. Your physiotherapist will go through this with you.

Mobility

You will be able to fully weight bear with elbow crutches. Your physiotherapist will teach you how to use elbow crutches as it will initially be painful to put weight through your operated leg.

Patient Information

Exercises

The success of your operation will often depend on you following your rehabilitation programme.

Although your knee may be sore after the operation it is important that you start these initial exercises to make sure that you progress as expected. They are split into 2 sections and it is important that you complete all of the exercises. Please complete these exercises **5 times daily**, unless otherwise stated.

Prevention exercises – to prevent chest infections and blood clots post op

Deep breathing exercises

Complete these hourly

Take three deep breaths, in through your nose, hold for a couple of seconds and then breathe out through your mouth. Repeat this 3 times.

Foot and Ankle exercises

Complete these hourly

Pump your ankles up and down fairly quickly for 10 seconds. Then complete circles one way for 10 seconds, and circles the other way for 10 seconds.

Static glutes

Repeat 10 times

Squeeze your buttocks together and hold for 10 seconds.

Try to make sure the thighs stay relaxed and only your bottom muscles are working.



Patient Information

Knee Rehabilitation

Heel prop

Rest your heel on a rolled towel or 2 pillows so that your knee is not supported and there is a gap between your calf and the bed. Allow knee to straighten in this position for 2 minutes. As your knee becomes more comfortable build up the time towards 10 minutes.



Static quadriceps

Repeat 10 times

Lie with your knee straight. Pull your toes up towards you, push your heel away and tighten the muscles in your thigh, hold for 5 seconds.

During this exercise you should feel your patella (kneecap) move upwards towards your hip. Due to the location of your surgery this may be uncomfortable, but it is important to remember you will not be doing your knee any harm.



Patient Information

Active assisted range of movement

Repeat 10 times

Lie on your back / sit on a chair with your leg extended out in front of you. Place a plastic bag, or something to help your foot slide, underneath your heel/leg. Using your hands to support around your thigh, bend your knee by drawing your thigh towards you and your heel towards your bottom. Still using your hands to support, fully straighten your knee after each repetition.

Choose the version that is most comfortable for you.

Lying on a bed



Seated on a chair



Patella (kneecap) glides

Repeat 10 times

Sit on the edge of a chair with your leg out straight, heel on the floor and your muscles relaxed. Hold your knee cap as in the picture below. Push the knee cap over towards your other knee, outwards away from the other knee, down towards your toes and up towards your hip.

You may hear or feel the kneecap click or clunk, this is normal and safe. The glides may be difficult initially due to swelling and the wound dressings. Keep your leg relaxed and ensure that you are moving your kneecap not just your skin.



Patient Information

Discharge and follow up

You will be discharged when your doctor and physiotherapist have assessed you as medically and physically fit for home. You will need to arrange for someone to drive you home. You should have a responsible adult stay with you for the first 24 hours.

Physiotherapy is essential after the operation and you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. If you have not heard from the outpatient physiotherapy department within 1 week please contact the department (details in next section).

Further Information

If you have any concerns about your wound such as it:

- Becomes red or inflamed
- Starts to ooze or discharge
- Starts to bleed
- Starts to smell.

Please use this number to leave a message 02476 968333. Any messages will be picked Mon-Fri 07:30-17:30 Sat-Sun 07:30-13:30.

For out of hours support you will need to go to A&E or the Urgent Treatment Centre.

If you have any queries or concerns about your physiotherapy please telephone the Orthopaedic Therapy Department between 08:00 and 17:00:

Rugby St Cross: 01788 663054

University Hospital Coventry and Warwickshire: 02476 965106

Or Therapy Outpatient Department (Monday – Friday) between 08:30 and 16:30:

Rugby St Cross: 01788 663257

University Hospital Coventry and Warwickshire 024 7696 6013

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact your physiotherapy department and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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