

## Physiotherapy

# Trochleoplasty exercises

A trochleoplasty stabilises the patella (kneecap). This prevents further knee dislocations.

During this procedure, the surgeon reshapes the part of your knee (trochlea) where the patella glides.

### After surgery

A nerve block may be used during the operation. So, immediately after the operation, your knee and leg may feel heavy and numb for a few hours.

While the block is wearing off, you'll be given painkillers. Please take them as advised.

You may have some discomfort for several weeks after the surgery. Take your prescribed painkillers regularly for the first few weeks after surgery. This will make you feel more comfortable and allow you to do your exercises.

To reduce the pain and swelling around your knee:

- rest
- raise your leg in a straight position with the whole leg supported
- 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



## Patient Information

### **Wound**

Your knee will be bandaged. Remove this bandage 24 hours after surgery.

Underneath the bandage, there will be smaller dressings which cover your wounds. Keep the dressings dry.

If you have stitches, the nursing staff will give you instructions for their removal at your GP surgery. They'll also give you information about general wound care.

### **Hinged knee brace**

You may be fitted with a hinged knee brace for mobilising after surgery.

For details, please refer to the 'Managing your hinged knee brace' leaflet. Your physiotherapist will go through this with you.

### **Mobility**

You'll be able to fully weight bear with elbow crutches. Your physiotherapist will teach you how to use elbow crutches. It will be painful to put weight through your operated leg at first.

### **Exercises**

The success of your operation will depend on you following the rehabilitation guidance given to you by the physiotherapist.

Although your knee may be sore after the operation, start these exercises to make sure you progress as expected.

Please complete these exercises 5 times daily unless stated otherwise.

## Patient Information

### Deep breathing exercises

- A. Take a deep breath in through your nose.
- B. Hold for a couple of seconds, and then breathe out through your mouth.
- C. Repeat this 3 times. Complete this exercise every hour.

### Foot and ankle exercises



- A. Pump your ankles up and down for 10 seconds.
- B. Circle your ankles one way for 10 seconds. Then, circle your ankles the other way for 10 seconds.
- C. Complete this exercise every hour.

### Static glutes



- A. Squeeze your buttocks together and hold for 10 seconds.
- B. Make sure your thighs stay relaxed and only your bottom muscles are working.
- C. Repeat 10 times.

## Patient Information

### Heel prop



- A. 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.
- B. Allow your knee to straighten in this position for 2 minutes.
- C. As your knee becomes more comfortable, build up the time towards 10 minutes.

### Static quadriceps (knee bracing)

You may find this exercise uncomfortable. However, it's important to remember you won't be doing your knee any harm.



- A. Lie on your back.
- B. Straighten your knee and tighten the muscle on the front of your thigh.
- C. Hold for 10 seconds, then relax. Repeat 10 times.

During this exercise, you should feel your kneecap move upwards towards your hip.

## Patient Information

### **Active assisted flexion (bending)**

Choose the version of this exercise that's most comfortable for you.

#### **Lying on a bed**



#### **Seated on a chair**



- A. Lie on your back or sit on a chair with your leg straight out in front of you.
- B. Place a plastic bag or something to help your foot slide underneath your heel.
- C. Using your hands to support around your thigh, bend your knee by drawing your heel towards you. Fully straighten your knee after each repetition.
- D. Repeat 10 times.

## Patient Information

### Kneecap glides



- A. Sit on the edge of a chair with your leg out straight, heel on the floor, and your muscles relaxed.
- B. Hold your kneecap. Gently push your kneecap over towards your other knee, outwards away from the other knee, down towards your toes and up towards your hip.
- C. Repeat 10 times.

You may hear or feel your kneecap click or clunk. This is normal and safe. You may find the glides difficult at first due to swelling and the wound dressings.

Keep your leg relaxed. Make sure that you are moving your kneecap and not just your skin.

### Discharge

You'll be discharged when your doctor and physiotherapist have assessed you as medically and physically fit for home.

Arrange for someone to drive you home. Have a responsible adult stay with you for the first 24 hours.

## Patient Information

### Follow up

Physiotherapy is essential after the operation. You'll be contacted with an urgent outpatient physiotherapy appointment after you're discharged.

Please contact the physiotherapy department if you do not have information about this appointment after 1 week.

Images taken within the Trust.

### More information

Call your consultant's secretary if your wound:

- becomes red or inflamed
- starts to ooze or discharge
- starts to bleed
- starts to smell

For out-of-hours help, go to A&E or the Urgent Treatment Centre.

If you have any questions or worries about your physiotherapy, please call the Orthopaedic Therapy Department between 8am and 5pm.

### Contact details

#### Consultant's secretaries

Mr P Thompson	024 7696 5097
Mr A Metcalfe	024 7696 5064
Mr F Shah	024 7696 5096
Mr N Smith	024 7696 5080
Mr D Ramoutar	024 7696 5079

#### Orthopaedic Therapy Department, 8am to 5pm

Rugby St Cross: 01788 663054

## Patient Information

University Hospital Coventry and Warwickshire 024 7696 5106

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