

Further Information

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Bòrd SSN nan Eilean Siar
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Physiotherapy Department

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

Physiotherapy after Knee Arthroscopy



Information and advice for those who have had Knee Arthroscopy

Procedure

A knee arthroscopy is a minor surgical procedure that involves two or three small incisions, at the knee. An arthroscope (a small, thin scope with a miniature camera and precision tools) is inserted into the knee which allows the surgeon to see and operate inside the joint.

Knee arthroscopy is usually carried out under a general anaesthesia as a day case.

Post Operative Management

After the surgery you will be brought back to the day surgery unit and will have a bandage on your knee. You may have a mask on giving you some oxygen and the nurses will closely monitor your blood pressure, heart rate and oxygen levels.

You will be able to walk without restriction (unless otherwise stated by the surgeon) and generally will not require a walking aid.

Your knee will be swollen after the procedure and this can last for a few weeks. To help reduce the swelling it is advised that you keep your leg elevated when at rest and apply ice. A bag of frozen peas can be used, make sure you wrap it in a damp towel first and place it on your knee for a maximum of 15 - 20 minutes, if required. You can repeat this every 2 hours for the next three days.

You will have a follow up consultation at the orthopaedic clinic, usually six weeks after your operation. No further physiotherapy treatment should be necessary. The medical team will refer to physiotherapy as appropriate.

You will be given medication, including painkillers, to take home with you, please take them as instructed on the packet.

KNEE EXTENSION IN SITTING

PERFORM 2 SETS OF 10, THREE TIMES A DAY

Sitting on a chair, pull your toes up and straighten your knee. Hold it for 3 seconds and slowly lower it to the starting position.

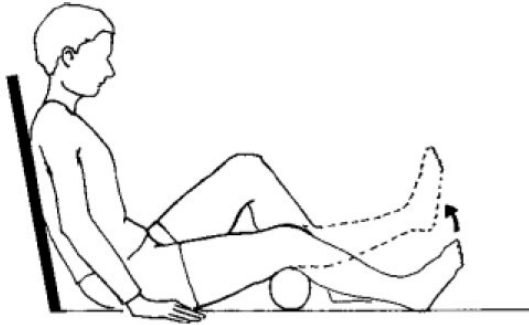


Notes

INNER RANGE QUADRICEPS

PERFORM 2 SETS OF 10, THREE TIMES A DAY

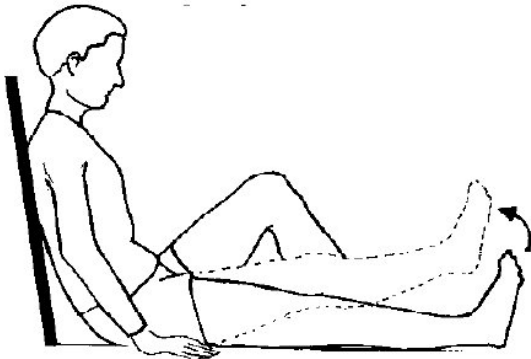
Place a towel or roll under the affected knee. Pulling toes up, press back of the knee into the roll and lift the heel off the bed



STRAIGHT LEG RAISE

PERFORM 2 SETS OF 10, THREE TIMES A DAY

Repeating instructions for exercise 3, gently raise the whole leg off the bed keeping the knee as straight as possible.



Wound Care

Please keep the dressing dry and the nurse will advise when it can be removed. They will also advise when your stitches are due to be removed.

Return to Work

If your job mainly involves sitting, you can return after 2-3 days. If the job is physically demanding or involves standing for long periods then you may require 1-2 weeks off work as necessary. If you are concerned about this, speak to your consultant or physiotherapist

Driving

You should be able to return to driving 48–72 hrs after surgery, ensuring that your knee is pain free and you have sufficient strength to control the foot pedals.

Before driving, make sure you can perform an emergency stop and change gear comfortably without any pain or discomfort.

It is your responsibility to ensure you are safe to drive.

Hobbies

You can cycle when you have enough bend in your knee to do so. You should be able to return to other sports approximately one month after surgery; however, this will be dependent on your initial diagnosis, duration of symptoms and prognosis.

Swimming or water based activities should be avoided until the stitches are removed and the wounds have healed.

Recommended Exercises

It is recommended that you complete the following exercises to ensure you regain the bend in you knee and increase the power.

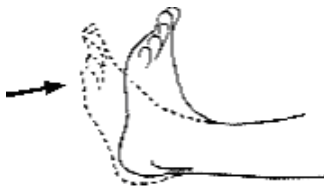
If you have any severe pain, stop the exercises and try them again in a few days.

If you still have problems, please speak to your consultant or physiotherapist.

ANKLE PUMPS

PERFORM 2 SETS OF 10, THREE TIMES A DAY

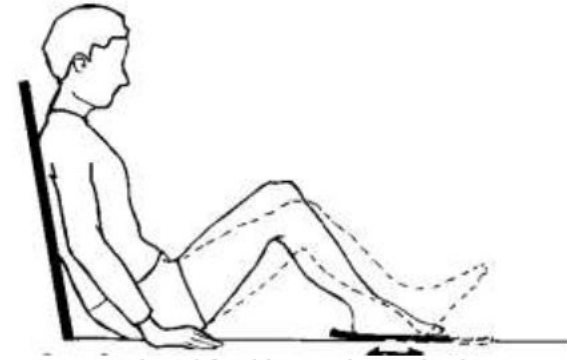
Move the ankle up and down as far as you can go.



KNEE FLEXION

PERFORM 2 SETS OF 10, THREE TIMES A DAY

Bend your knee by sliding your heel up the bed as far as you can. The physiotherapist will assist you with this initially.



STATIC QUADRICEPS

PERFORM 2 SETS OF 10, THREE TIMES A DAY

Pull toes up and press knee down into the bed, tightening the muscle on the front of the thigh.

