

# Exercises following knee arthroscopy

Information and advice for patients

## Physiotherapy

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A knee arthroscopy is a minor operation where a small camera is inserted into your knee so the surgeon can examine the condition of the structures (e.g. cartilage, ligaments and joint surfaces) inside your knee, trim loose fragments within the joint and 'wash out' the joint of any debris.

### After your knee arthroscopy

After having a knee arthroscopy the nursing staff will advise you about your stitches, pain relief, dressings and caring for your wounds and your consultant will advise you when you can return to driving and other activities. You will be sent an outpatient appointment to see your surgeon after you have been discharged from hospital to discuss the findings of the arthroscopy.

A physiotherapist may see you in hospital to teach you some exercises to perform after your knee arthroscopy. They will advise you which of the exercises in this leaflet to perform, and will demonstrate them for you. After being discharged from hospital you should continue performing the exercises and start walking as soon as possible to improve your knee movement and strength.

### What are the benefits of the exercises?

These exercises will help you maintain good muscle strength and movement and will help to reduce pain after your operation. The amount of benefit you get from the exercises will depend on how much effort you put in. In order to get the best results you will need to be committed to doing your exercises.

### Are there any risks to performing these exercises?

There are no risks to performing the exercises but you may feel slight discomfort in your knee whilst performing them; this is normal.

### What are the risks of not performing the exercises?

If you do not perform the exercises regularly you may experience stiffness and loss of movement in your knee. You may also not see any improvements in your knee pain or function after the operation.

## Are there any alternatives to performing the exercises?

There are no alternatives to these exercises that will help you maintain good muscle strength and movement, or help you to regain function in your operated knee.

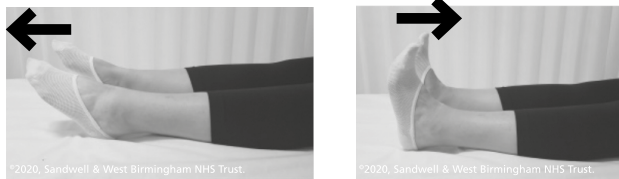
## Going home

Once at home you should continue the exercises you have been taught. You should start walking as soon as possible to improve your knee movement and strength. You should also wrap some ice in a towel or pillow case and apply it to your knee for 30 minutes, three times a day to help reduce swelling.

## The exercises

Try to repeat each exercise ten times every hour for two weeks after your operation.

### Ankle movement



When sitting or lying down move your ankles regularly to improve your circulation.

### Static quads

1. Sit or lie with your operated leg straight.
2. Brace your knee (keep it straight and in position) and tighten your thigh muscle.
3. Hold this for 5 to 10 seconds.
4. Relax.



### Knee flexion

1. Sit on a chair.
2. Bend your knee back until you feel a stretch.
3. Hold for 5 to 10 seconds.
4. Relax.



### Straight Leg Raise

1. Sit or lie with your operated leg straight.
2. Brace your knee (keep it straight and in position) and tighten your thigh muscle.
3. Lift your leg up so your heel is approx. 2 inches off the bed or stool.
4. Hold this for 5 to 10 seconds.
5. Relax.



## Contact details

If you have any questions or concerns please contact the orthopaedic physiotherapist by telephoning 0121 507 2916

## Further information

For more information about our hospitals and services please see our website [www.swbh.nhs.uk](http://www.swbh.nhs.uk) or follow us on X @SWBHnhs and Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

## Sources used in this leaflet

Cavanaugh, J.T. and Killian, S.E. (2012). Rehabilitation following meniscal repair. *Current reviews in musculoskeletal medicine*, 5(1), pp.46-58.

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