

When can I start?

Driving – Discuss with your consultant

Work – Discuss with your consultant, depends on your job.

Gym – 2-4 weeks. Discuss with physiotherapist.

Please bring shorts to all of your follow up physiotherapy appointments

YOUR FOLLOW UP PHYSIOTHERAPY APPOINTMENT:

DATE :.....**TIME** :.....

PHYSIOTHERAPIST :.....

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on 0114 263 2112

For advice on how long to wear your stockings please contact the nursing staff on 0114 263 2176



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Knee Arthroscopy

Physiotherapy Advice



Part of Aspen Healthcare
www.aspen-healthcare.co.uk

What have I had done?

A knee arthroscopy is an investigative procedure, using a tool and a camera to look inside your knee to locate the problem. During this procedure, the consultant may trim away loose cartilage or repair it.

Will I experience pain?

You are likely to experience pain in the knee in the first 12 weeks. The pain may be worsened on activity, which is normal. You will be prescribed pain relief to take home, this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

What should I avoid?

- ✗ Twisting/jumping/hopping actions on your operated leg
- ✗ Letting lower leg hang
- ✗ Limping.

What can I do to help myself? Take pain relief as advised by nursing staff.

- ✓ Apply ice in a damp pillow case/tea towel to the knee for 15 minutes max, 4 times a day (before, during or after exercises)
- ✓ Elevate your leg when resting, ensuring the leg is as straight as possible. **Do this until swelling has gone.**

Will I need crutches?

You will be allowed to put your full weight on the leg, unless otherwise advised. If your Consultant has requested you have crutches post operatively, then the Physiotherapist will teach you how to use them safely before discharge.

Use stairs one step at a time in the first few weeks.

Ascending: Non-operated leg → operated leg.

Descending: Operated leg → non-operated leg.

Return to normal stair function as soon as you are safe and able.

Should I be aware of any further complications that can occur?

If you have any calf pain which is worse when walking, raised temperature, breathlessness, severe worsening of knee pain, **contact your GP/consultant** as this may be sign of a deep vein thrombosis.

Exercises

These exercises will help you return to normal function. **Increase walking distance, repetitions, sets and hold times as comfortable.**



Push your knee down firmly against the bed. *Hold for 5 seconds. Repeat 10 times. Do often throughout the day as comfortable.* This can also be done while your leg is elevated.



Place a rolled up towel under your operated knee. Point your toes towards you head, and straighten your knee so your heel lifts up off the bed but your knee stays in contact with the towel. *Hold for 5 seconds and then lower down slowly. Repeat 10 times. Do 3 times daily.*



Point your toes towards your head, lock your knee out straight and lift your leg off the bed approx. 20cm. *Hold for 5 seconds then lower down slowly. Repeat 10 times. Do 3 times daily.*



Bend your knee until you feel it stretching. *Hold for 5-10 seconds. Aim to get it a little further each time. Repeat 5 times. Do 5 times daily.*