



Physiotherapy advice following your arthroscopy

Information for patients

It is important that you begin some gentle exercises to maintain the muscles and movement of your knee in the early days following your operation and that you are aware of how much mobility you are allowed.

Crutches

You will be given crutches if necessary and shown how much weight to put on your operated leg. These should be used to walk with in order to reduce pain, inflammation and swelling in your knee. When you can walk comfortably without them, please return your crutches to the physiotherapy gym.

Be Careful

For the first 48 hours after your operation do not walk more than is absolutely necessary, after which you can gradually increase the amount you do. You should not attempt any strenuous activity until you see the doctor, approximately two weeks after your operation. You should also ask your doctor about advice on returning to driving or work.

Resting

When resting, elevate your leg on a footstool to reduce any swelling. You can also use an ice pack on your knee once the dressing is removed. Make sure that you wrap it in a damp towel in order to prevent ice burn. Leave the ice on for approximately 15 minutes, 3 times a day.



Exercises and follow up Physiotherapy

Unless otherwise advised, you should start these exercises as soon as you get home. Repeat each one 10 times, 3 times a day. If these exercises cause any excess pain, discontinue them and discuss any problems with your doctor at your follow up appointment. Otherwise, continue with all the exercises until then.

You will not routinely be referred to out patient physiotherapy as the exercises given to you will usually be adequate. Should the doctor feel it necessary, they may refer you for further treatment. If you are seen by a physiotherapist on the ward, they may also occasionally refer you to the out patient department for physiotherapy.

WALKING WITH CRUTCHES

When walking with crutches, put them forward together, then your bad leg, then your good leg. When standing up and sitting down, make sure you take your hands out of your crutches. If climbing stairs, try to use a banister or rail in one hand and a crutch in the other.

GOING UP: good leg, bad leg, crutch.

GOING DOWN: crutch, bad leg, good leg.

1.



Lie on a bed and straighten both legs out in front of you. Tighten the muscles in the front of your thigh and press the back of your knee down into the bed.

Hold for 5 seconds and relax.

2.



Lie on bed and place a rolled up towel or pillow underneath the knee of your operated leg.

Now pull your toes up towards you and straighten your leg.

Your heel will come up off the bed and you should feel the muscles in your thigh working.

Hold this position for 5 seconds and then relax.



3.



Lie on a bed and bend your operated knee up towards you.

When you have bent your knee up as far as you are able, hold for 5 seconds and then relax.

4.



Sit on a chair or on the edge of your bed. Let your operated leg relax and then bend it back underneath you as far as you can. Hold this position for 5 seconds and then relax.

5.



Sit on a chair or the edge of your bed. Straighten your operated leg in front of you and pull your toes up towards you. You should feel the muscles in the front of your thigh working. Hold this position for 5 seconds and then relax.





Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

各國語言/模式選擇

若你需要以下資料改為其他語言，大寫，或其他模式例如收音式或
盲人字體的話，請電 01895 279973。

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