

# Knee Arthroscopy - Exercise and Guidance

Physiotherapy & Occupational Therapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



# Introduction

This leaflet is for patients who have had surgery to their knee. It will explain the exercises you need to do following your surgery and provide general advice on your recovery.

This leaflet is split into two sections:

1. General advice following your surgery
2. A simple exercise programme to support early recovery

Your physiotherapist will tell you which exercises you should be working on at any given time and will go through this with you whilst you are in hospital. **Please do not attempt any exercises other than the ones your physiotherapist tells you to.**

## Section 1: General advice following surgery

### What is an Arthroscopy?

An arthroscopy is commonly known as keyhole surgery. An arthroscope is a small flexible camera that the surgeon uses to look inside your knee joint. An arthroscopy will be performed for the following reasons:

- To find the cause of your problem
- To repair any damage

Following the surgery it is normal to experience pain and stiffness at the knee joint. It is also normal to experience some swelling.

Mobilising and completing your exercises regularly after the surgery will help to reduce these symptoms.

### Ice Therapy

Do not do this until your physiotherapist tells you.

- Cover your knee with a towel to protect your skin
- Put a bag of crushed ice / frozen peas onto your operated knee (you can refreeze and reuse the same pack for this)
- Try to mould it around your knee
- Leave in place for a maximum of **20 minutes**
- After removing the ice do not re-apply another for at least **40 minutes**.

## Beware

If you feel a burning sensation or pain you should remove the ice and stop use.

Always keep to the recommended time and protect your skin as suggested.

## Guidance for mobilising

If you need crutches after surgery a physiotherapist will teach you how to use these.

Crutches are to support you while the operated knee is painful and you should find that as you recover you no longer need to use the crutches.

On average people are able to return to their previous level of mobility two weeks after their surgery.

## Guidance for steps or stairs

Use a handrail if one is available and an elbow crutch on the opposite side. On steps or stairs without a rail you will need to use two crutches.



©physiotools

Remove the crutch on the side of the rail and place the crutch on the outside of the other, in a horizontal position with the handle pointing down (see diagram).

Place your free hand on the rail.



If you do not have a handrail you will need to use two crutches.

### **Going up stairs**

Place the non-operated leg up on the step above.

Bring your operated leg up to join it.

Finally bring up the crutch.

 <p>©physiotools</p>	<p>Remove the crutch on the side of the rail and place the crutch on the outside of the other, in a horizontal position with the handle pointing down (see diagram).</p> <p>Place your free hand on the rail.</p> <p>If you do not have a handrail you will need to use two crutches.</p> <p><b><u>Going down stairs</u></b></p> <p>Place the crutch down on the step below.</p> <p>Followed by your operated leg.</p> <p>Finally bring the non-operated leg down</p>
 <p>©physiotools</p>	<p>Place both crutches forward keeping them shoulder width apart.</p> <p>Step your operated leg up to the crutches.</p> <p>Step forward with your non-operated leg.</p> <p>Repeat.</p>





## Returning to driving

You must check with your insurance company to confirm the exact terms and conditions of your policy with regards to driving after surgery, otherwise you may not be covered in the event of an accident.

You should discuss any specific concerns around driving with your consultant.

## Section 2: A simple exercise programme to support early recovery

The following exercises should be completed four times a day and you should continue to do them up until your consultant review.

 <p>©physiotools</p>	<p>Sit up straight with both feet supported on the floor. Slide your operated leg backwards and bend your knee until you feel a stretch. Hold the position for ten seconds.</p> <p>Return to the starting position.</p> <p><b>Repeat 5 – 10 times.</b></p>
 <p>©physiotools</p>	<p>Lie on your back with your operated leg straight. Place a rolled up towel in the position of the blue roll in the picture so that your leg is raised.</p> <p>Pull your toes towards you and straighten your knee. Hold the position for ten seconds.</p> <p><b>Repeat 5 – 10 times.</b></p>
 <p>©physiotools</p>	<p>Lie on your back with your operated leg straight and place a rolled up towel under the knee.</p> <p>Pull your toes towards you and straighten your knee so that your foot lifts off the bed.</p> <p>Keep the back of your knee against the towel roll.</p> <p>Hold for 5 seconds and slowly return to the starting position.</p> <p><b>Repeat 5 – 10 times.</b></p>
 <p>©physiotools</p>	<p>Lie on your back with your operated leg straight. Pull your toes towards you and straighten your knee. Lift your leg off the bed and hold for 5 seconds.</p> <p>Slowly lower the leg back to the starting position.</p> <p><b>Repeat 5 – 10 times.</b></p>



©physiotools

Lie on your back as shown with your operated knee slightly bent and your heel on the bed.

Push your heel down into the bed and hold for ten seconds.

**Repeat 5 – 10 times.**

**You do not normally need follow up physiotherapy after this kind of surgery. You will achieve best results after surgery if you continue with the exercise programme you have been given.**

**If you experience any difficulties with the exercises such as increased pain that is not relieved by taking pain relief then you should contact the physiotherapy team on the contact number on page 1 in the booklet.**

**Images provided by PhysioTools**

## Who should I contact if I have any concerns or questions about my physiotherapy?

If you're worried about any aspect of your physiotherapy please speak to the physiotherapist responsible for your care. Messages can be left on the following numbers during normal working hours (Monday to Friday, 08:30 to 16:30) for your physiotherapist to call you back.

## New Cross Hospital

**01902 695596**

## Cannock Chase Hospital

**01543 576590**

In the very unlikely case that you require physiotherapy advice outside of these hours please contact the ward you were discharged from.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。