



## EXERCISES FOLLOWING A KNEE ARTHROSCOPY

### Pain

- Take painkillers as prescribed by your doctor to help reduce discomfort following your surgery.

### Swelling

- Swelling is normal post-surgery. Keep the leg elevated during the day and do some gentle ankle exercises to help with circulation.

### Ice

- 3 x daily for 15-20 minutes. Ensure the ice is in a damp cloth and do not apply directly onto the skin.

The following exercises are designed to help reduce the stiffness in your knee and Improve function. If you need further advice, please contact your physiotherapist on [01273242 054](tel:01273242054).

### PHASE 1 (0-3 weeks)

Exercise	Picture	Intensity	Frequency	Rest period	Progression
Static Quads		3 sets of 5	Daily	1-2 minutes	4 sets of 8 +/- ankle weights
Inner Range Quads		3 Sets of 5	Daily	1-2 minutes	4 sets of 8 repetitions +/- ankle weights
Straight leg raise		Sets of 5	3 -4 x week	1-2 minutes	4 sets of 8 repetitions +/- ankle weights
Hamstring curls		3 Sets of 5	3-4 x week	1-2 minutes	4 sets of 8 repetitions +/- ankle weights
Flexion (Active assisted)		3-5 repetitions	2-3 x Daily	1 minute	Repeat until you restore full movement
Extension (Active Assisted):		3-5 repetitions	2-3 x Daily	1 minute	Repeat until you restore full movement

<b>Walking</b>	As the pain in your knee decreases, progress from using two crutches to one crutch. Hold this in the hand opposite the operated knee. Once you are able to walk without a limp, stop using the crutches. Try to increase your walking distance gradually each day.
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## Phase 2 (3-6 weeks) +

Exercise	Picture	Intensity	Frequency	Rest period	Progression
<b>Balance</b>	Single leg Stand	30 seconds x 3	2-3 x Daily	1 minute	Eyes closed, Star Balance
<b>Squat</b>	Sit to stand	4 x 8 repetitions	3 x week	1-2 minutes	same sets and reps +/- weights  Wall Squats Chair assisted squat Deep Squat
<b>Lunges</b>	Static Lunge	4 sets of 8 repetitions	3 x week	1-2 minutes	Step Lunge, Walking lunges +/- weights
<b>Cardio Vascular</b>	Static Bike 5 minutes				Progress to increasing resistance

### Return to work

Follow advice from the consultant. Generally if it a sedentary job – you may return after a week. If your job involves more physical work – it may take 2-6 weeks depending on the duties involved. It may be sensible discussing a graded return to work with your employer.