

Patient's name: _____

Physiotherapist: _____

Date: _____

**Physiotherapy Department,
St James's Hospital,
Dublin 8.**

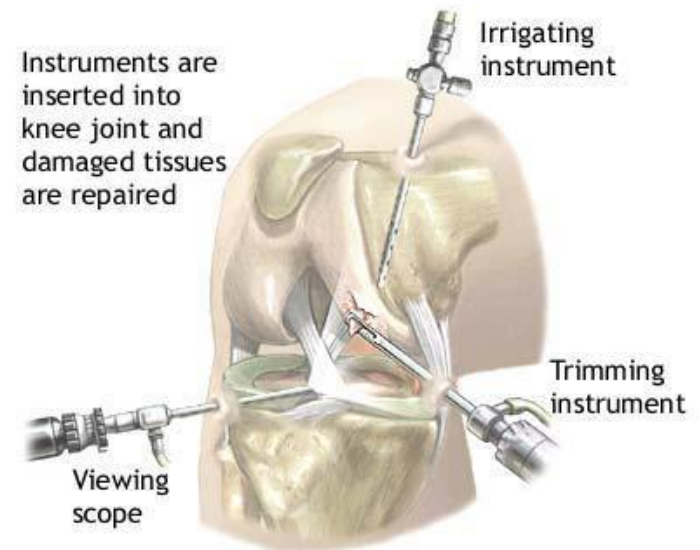
Phone: 01 - 4162344

**Opening hours: Monday – Friday,
8.00am - 4:30pm**

If you have any questions about the information given
in this booklet, please contact your physiotherapist.

SJH Physiotherapy Department
June 2019

**ST. JAMES'S
HOSPITAL**
James's. St. Dublin 8. Ireland.



Knee Arthroscopy

Patient Information and Advice

What is a Knee Arthroscopy?

A knee arthroscopy is a small surgery that uses a tiny camera to look inside the joint through two or three small cuts in the skin. As well as allowing the surgeon to see inside the joint, the surgeon may be able to make small repairs within the joint if necessary.

What to Expect:

After the knee arthroscopy, it is important to get the knee moving again and strengthen the muscles around your knee. Do not be afraid to bend your knee but do not force the bend. It will improve gradually.

This booklet contains exercises that the physiotherapist will go through with you to help to do this.

Your Notes:

[illegible]

3. Lay on your back, place a rolled towel under your operated knee. Push the back of your knee down into the blanket and lift up your heel off the bed.

Hold for 10-15 seconds. Repeat 10 times.



4. Lie on your back and pull your toes towards you, tighten the muscles on the front of your thigh to straighten your knee. Lift the leg off the bed by approximately 20 cm.



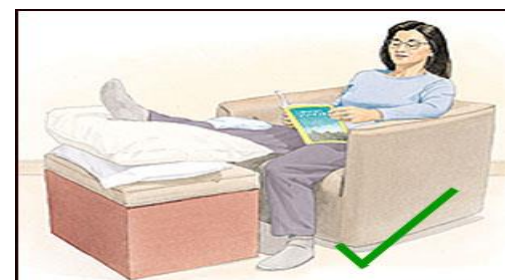
Repeat exercises three times a day until reviewed by your surgeon. If you need more physiotherapy treatment when you have your review, your surgeon can refer you to a local physiotherapy service.

Swelling:

It is normal to have pain and swelling in your knee after surgery. The level of pain can vary from person to person but should settle in the first few days after surgery. You can take oral pain killers as directed by your doctor to ease this pain.

An ice-pack can be helpful to ease pain and swelling. Wrap the ice-pack or a bag of peas in a towel and place around the knee for 15-20 minutes only and repeat 3-4 times during the day. Do not let the ice touch your skin directly. Do not use ice on your knee if you have any problems with feeling/ sensation around your knee

Raising the leg on a stool or cushion so your knee is higher than your hip will also help reduce any swelling.



Walking:

You may not need crutches after a knee arthroscopy. You should use them if you feel pain in the knee while walking for a few days after the procedure. You should build up your walking distance slowly and as feels comfortable. Try to walk as naturally as possible. Try not to limp.

Avoid too much walking on hard or uneven surfaces or activities that involve twisting your knee for the first two weeks.

Stairs:

It is best to take 1 step at a time for the first few days.

Going Up: Step up with the good leg first, then with the operated leg (and crutch if necessary)

Going Down: Lead with the crutch first (if necessary), then step down with the operated leg and follow with the good leg.

Exercises:

Start exercises as soon as comfortable. This is usually within the first 24 hours following the procedure.

1. Lie on your back, bend and straighten your leg, sliding your heel towards your bottom.

Repeat 15 times.



2. Lie on your back with your knees straight. Pull your toes up towards you and push the back of your knee down into the bed.

Hold for 5 seconds. Repeat 10 times.

