

Postoperative Knee Arthroscopy Exercises

A successful outcome from surgery requires good rehabilitation and you can start this soon after your operation unless your surgeon has instructed otherwise.

These exercises should be started the day after your operation and continued for at least 2 weeks. Do each exercise 10 to 20 times and repeat 4 times per day. Your physiotherapist will progress your exercises as appropriate. This is provided as a guideline only and to help you get started.

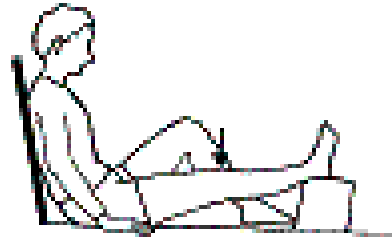
Foot and ankle exercises:

Rotate your ankle in each direction.
Move your ankle up and down
Wiggle your toes

Quadriceps:

Knee Extension

Place a rolled up towel under your heel, tense the front of your thigh to push the back of the knee towards the bed to try and straighten the knee using the thigh muscle only. Hold for 5 seconds and relax.



3) *Quadriceps and VMO:*

Knee Extension

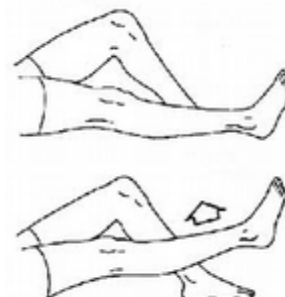
Place a rolled up towel underneath your knee so that it is bent and heel is resting on the bed. Tense the front of your thigh and, keeping the back of the knee in contact with the towel, raise your heel until your knee is straight. Repeat with the thigh slightly rolled outwards to engage the inner part of your quadriceps near your knee (VMO). Continue to alternate positions during the repetitions. Hold for 5 seconds.



4) *Quadriceps and VMO:*

Straight leg raise

Lie on your back with your good leg bent at the knee with the foot supported on the bed. Tense the front of your thigh on the operated leg to straighten your knee completely. Then raise the whole straight leg 30cm off the bed. Hold for 5 seconds and then lower slowly. Repeat with the thigh rolled outwards slightly (to engage VMO) and continue to alternate the position during the repetitions.



5) Knee Flexion on back/sitting

Lying on your back, slide your heel towards your bottom to bend your knee as far as you can (this exercise can also be done sitting in a chair), increasing your range of movement as comfort allows.

Hold for 5 seconds and repeat.

