
Knee Arthroscopy Post-operative Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY. THEY WILL ANSWER MOST OF YOUR QUESTIONS.

1. You may walk on the leg as tolerated, but avoid doing too much for the first day or two. You may use crutches to minimize discomfort, if needed.
2. Keep the postoperative dressing clean and dry. **REMOVE YOUR BANDAGES THREE DAYS AFTER SURGERY.** Leave any steri-strips in place and let them fall-off naturally. Keep your incisions covered with a small sterile dressing until your first follow-up visit with Dr. Ferry. Sometimes band-aids work well for smaller incisions. **You may shower beginning three-days postoperatively.** Remove the dressing. Do not allow your knee to be submerged in water (swimming or baths) until after your first post-operative visit with Dr. Ferry.
3. It is normal to have swelling and discomfort in the knee for several days to weeks after arthroscopy, depending on what procedure was done.
4. Plan to take today and tomorrow off work. You may resume work when the pain and swelling subsides. This can be a week or more, depending on the type of work you do and the procedure that was done for your knee.
5. Take your pain medication as directed to help relieve the pain.
6. You should also take an Aspirin a day for two weeks following your surgery. The compression stockings should be worn until your follow-up appointment. This is to help with blood flow and prevent a blood clot. If needed, for your comfort, they can be removed for a few hours a day.
7. Use the cold packs or cooling unit given to you in the hospital. This should be used for 20-30 minutes at a time to the knee for the first week after surgery. This will help to reduce the pain and swelling. After the first week the cold therapy can be used as needed (at the end of the day or after Physical Therapy).
8. Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain). Dr. Ferry will let you know when it is safe to begin exercising. You may begin spinning (no resistance) on a stationary bike to help regain your range of motion, as soon as it is comfortable for you to do so, unless instructed differently by Dr. Ferry.
9. **Please call Dr. Ferry's office after your surgery to make an appointment for a follow-up visit in 10 to 14 days after surgery.**
10. Sometimes your knee remains painful and swollen for several weeks, depending on the problem you have and the amount of surgery that was done. This is usually nothing to worry about. However, severe and worsening pain, redness, drainage, or fever could indicate infection (after the first day or two) and you should contact Dr. Ferry. If you have any concerns, please call Dr. Ferry at 508-718-4035.

Rehabilitation After Arthroscopic Knee Surgery

Phase 1: The First Week Following Surgery

This protocol is a guideline for your rehabilitation after arthroscopic knee surgery. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call the doctor if you are having a problem with your knee or if you need clarification of these instructions.

Goals

1. Control pain and swelling
2. Maintain knee motion
3. Activate the quadriceps muscles

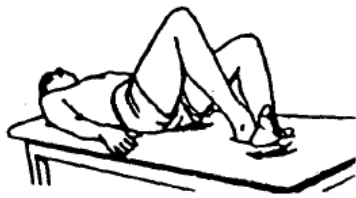
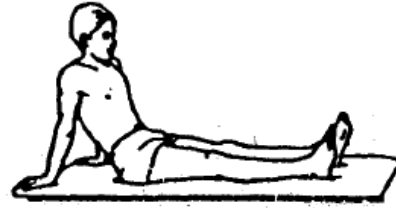
Guidelines and Activities

1. The numbing medicine that is put in your knee at the time of surgery lasts six to eight hours. Begin taking the pain medication as soon as you start feeling pain. The knee will be painful for several days after the arthroscopy.
2. **You can bear full weight and walk on the leg** unless otherwise instructed by Dr. Ferry. In some instances, crutches can be used for a period of time if walking is uncomfortable.
3. Remove your bandage on the second morning after surgery but leave the small pieces of white tape (steri strips) across the incision.
4. **Gently move the knee (flexion and extension) as much as you can to prevent stiffness.**
5. Apply cold to reduce pain and swelling. Use ice on the knee 20 minutes on and 20 minutes off for the first day when awake. Then apply cold as often as needed for 15 to 20 minutes at a time for the next several days. Place a towel or cloth between the skin and the ice to prevent skin injury.
6. Wrap an elastic bandage (ace) around the knee at other times to control swelling. Wrapping too tight though, though, can make your foot swell.
7. You may shower and get your incision wet after the second day from surgery. Do not soak the incision in a bathtub, hot tub or pool until 4 weeks after surgery.
8. Take an aspirin each morning. If you have been previously told to avoid aspirin or have an easily upset stomach, you do not need to take an aspirin.

9. Wear an elastic stocking (TED) below the knee, and do at least 10 ankle motion exercises each hour to control swelling and to help prevent phlebitis (blood clots in the veins).

Exercise Program

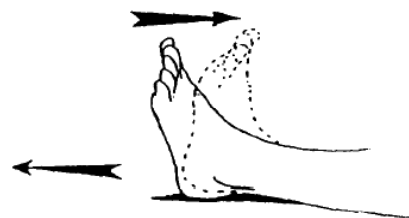
QUADRICEPS SETTING - to maintain muscle tone in the thigh muscles (quadriceps) and straighten the knee. Lie on your back with your knee extended fully straight as in figure. Tighten and hold the front thigh muscles making the knee flat and straight. If done correctly, the kneecap will slide slightly upward toward the thigh muscles as the muscles contract. The tightening action of the quadriceps should make your knee straighten and be pushed flat against the bed or floor. Hold for five seconds for each contraction. Do 20 repetitions whenever you think about it (many times a day).



HEEL SLIDES - to regain the bend (flexion) of the knee. While lying on your back, actively slide your heel backward to bend the knee. Keep bending the knee until you feel a stretch in the front of the knee. Hold this bent position for five seconds and then slowly relieve the stretch and straighten the knee. While the knee is straight, you may repeat the quadriceps setting exercise. Repeat exercise 20 times, three times a day.

SITTING HEEL SLIDES -

to regain the bend (flexion) of the knee). While sitting in a chair, slide the heel backward as if trying to get the foot underneath the chair. Hold five seconds and slowly relieve the stretch by sliding the foot forward. You can help with the opposite foot if necessary. Repeat exercise 20 times, three times a day.



ANKLE PUMPS - move the foot up and down to stimulate circulation in the leg. Do at least 10 ankle pump exercises each hour.

OFFICE VISIT

Please return to see the doctor approximately **ten days to two weeks** after your surgery. At this time, your sutures will be removed and your progress will be checked.

Rehabilitation After Arthroscopic Knee Surgery

Phase 2: 2 to 6 Weeks Following Surgery

Goals

1. Walk normally
2. Regain full motion
3. Regain full muscle strength

Activities

1. Try to bear full weight and walk on the leg. Try to avoid limping and walk slowly but normally. Avoid walking for long distances until four to six weeks after surgery.
2. Continue to ice the knee three or four times a day to reduce pain and swelling. Place a towel or cloth between the skin and the ice to prevent skin injury.
3. Leave the small strips of tape (steri-strips) in place. They will gradually loosen and fall off as you move the knee and shower. Wrap an elastic bandage (ace) around the knee or use an elastic or neoprene sleeve to control swelling. Use elastic stockings if your ankle or lower leg swells.

Exercise Program

The following exercise program will help you regain knee motion and strength. If the exercises can be performed easily after the first week, then an ankle weight may be used to increase the resistance of the exercise and to build strength. Start with one pound and add one pound per week until you reach five pounds.

Do the exercises daily for the first week, then decrease to every other day when using ankle weights. You may ride the stationary bicycle daily for 10 to 20 minutes. Avoid using stair-stepper machines, doing deep knee bends and squats or any exercise that causes crunching, clicking or pain at the kneecap.

At six weeks after surgery, you may gradually resume your previous activities if you have full range-of motion, full strength and no swelling.

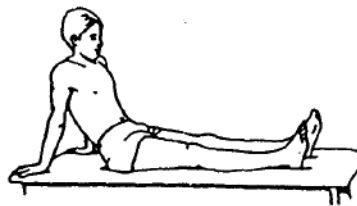
STATIONARY BICYCLE

Utilize a stationary bicycle to move the knee joint and increase knee flexion. If you cannot pedal all the way around, then keep the foot of your operated leg on the pedal, and pedal back and forth until your knee will bend far enough to allow a full cycle. Most people are able to achieve a full cycle revolution backwards first, followed by forward. You may ride the cycle with no resistance for 10 to 20 minutes a day. Set the seat height so that when you are sitting on the bicycle seat, your knee is fully extended with the heel resting on the pedal in the fully bottom position. You should then ride the bicycle with your forefoot resting on the pedal.

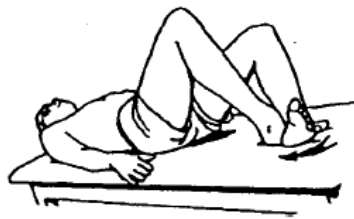


QUADRICEPS SETTING - to maintain muscle tone in the thigh (quadriceps) muscles and straighten the knee.

Lie on your back with the knee extended fully straight as in the figure. Contract and hold the front thigh muscles (quadriceps) making the knee flat and straight. If done correctly, the kneecap will slide slightly upward toward the thigh muscles. The tightening action of the quadriceps muscles should make your knee straighten and be pushed flat against the bed or floor. Hold five seconds for each contraction. Do at least 20 repetitions three or four times a day until you can fully straighten your knee equal to the unoperated side.



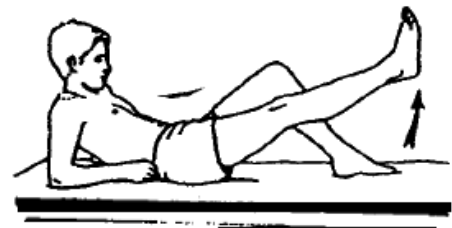
HEEL SLIDES - to regain the bend (flexion) of the knee. While lying on your back (figure), actively slide your heel backward to bend the knee. Keep bending the knee until you feel a stretch in the front of the knee. Hold this bent position for five seconds and then slowly relieve the stretch and straighten the knee. While the knee is straight, you may repeat the quadriceps setting exercise. Continue this exercise until you can fully bend your knee equal to the unoperated side. Repeat 20



times three times a day.

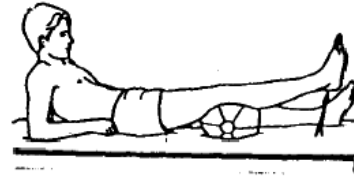
STRAIGHT LEG LIFT

Tighten the quadriceps muscles so that the knee is flat, straight and fully extended. Try to raise the entire operated limb up off of the floor or bed. If you are able to keep the knee straight raise the limb to about 45 degrees, pause one second and then lower slowly to the bed. Relax and repeat. If the knee bends when you attempt to lift the limb off of the bed, do not do this exercise. Keep trying to do the quadriceps setting exercise until you can lift the limb without letting the knee bend. Repeat 20 times.



SHORT ARC LIFT

With the knee bent over a rolled up towel or blanket, lift the foot so that the knee fully straightens. Hold the knee locked in extension for five seconds, then slowly lower. Repeat 20 times.



STANDING HAMSTRING CURL

Stand facing a table, using the table for balance and support. While standing on the unoperated limb bend the knee of the operated side and raise the heel toward the buttock. This flexed position for one second. Slowly lower the foot back to the floor. Keep the thighs aligned as illustrated. Repeat **20** times.

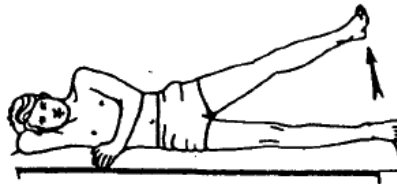


STANDING TOE RAISE

Stand facing a table, hands on the table for support and balance. Keep the knees extended fully. Tighten the quadriceps to hold the knee fully straight. Raise up on 'tip-toes' while maintaining the knees in full extension. Hold for one second, then lower slowly to the starting position. Repeat 20 times.

HIP ABDUCTION

Lie on your unoperated side. Keep knees fully extended. Raise the limb upward to a 45 degree angle as illustrated. Hold one second, then lower slowly. Repeat 20 times.



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illustrated.