

Physiotherapy Post Knee Arthroscopic Exercise



Physiotherapy Department

Bandage:

Your compression bandage will be applied from theater, and you can remove this after 48 hours.

Swelling:

To aid reduction of swelling:

- Keep the leg elevated (the foot should be higher than the hip).
- Regularly move the ankle up and down when at rest.
- Use an ice pack on the knee for 10-15 minutes after each set of exercises after removal of bandages. Ensure ice does not have direct contact

Pain:

Control the pain with regular analgesia as prescribed by your doctor, and the regular use of ice as described above.

Crutches:

Crutches are provided for support and pain reduction. Follow specific instructions from your surgeon and physiotherapist with regard to method and duration of use.

Exercises:

Gentle exercise is encouraged from day 0 post-operative. To encourage healing, maintain and improve knee movement and increase strength.

The following exercises should be performed 10 repetitions each 3 times a day.



1. Static Quadriceps Lying on your back with your legs straight. Place a small cushion under your knees. Gently pull your feet and push your knees firmly against the cushion. Hold for 10 seconds



3. Straight leg raise Lie with one knee bent and the other straight. Exercise the straight leg by pulling the toes up, straightening the knee and lifting the knee 20 cm off the bed. Hold for 5 seconds.



5. Hamstring strengthening Lying on your tummy. Bend your knee as far as possible keeping the hip straight and the ankle flexed. Hold for 5 seconds



2. Inner Range Quadriceps

Place a rolled towel under your knee. Pull your foot and toes up, tightening your thigh muscles and straightening your knee (keep your knee on the towel). Hold for 10 seconds.



4. Knee Flexion (Knee Bending)

Long sitting. Put a band around your foot. Bend your knee as far as possible. Gently pull the band with the foot till the knee is straight. Hold 10 seconds then relax.



6. Buttock Tucks (Gluteal sets)

Lying on your back, tighten your buttocks muscles. Hold tightly for 10 seconds



7. Adductor sets In a sitting position place a ball between your knees. Squeeze and hold for 10 seconds then relax.

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