



Post Operative Exercise Protocol

Knee Arthroscopy

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Post Operative Exercise Protocol
Knee Arthroscopy

A physiotherapist will have seen you in hospital following your operation. These instructions are provided for further reference for you at home. If at any time you are unsure or experience significant increase in pain or swelling of the knee please contact Dr Nimon's rooms for further advice.

It is very important to carry out regular exercises after your operation to rebuild muscle strength and to regain the movement of your knee.

Do as many repetitions as able, then gradually increase this as the knee settles and strength improves.

Try to do these exercises 3-4 times a day aiming to spend 10 minutes on the exercises at each session.

If you require pain relief to do the exercises you should take it ½ hour prior to commencing them.

Exercise 1 Static Quads

In long sitting, with legs straight out in front, push knee down into the bed (thus tightening the big thigh muscle (quadriceps)) Hold for 3 then relax Repeat x10

PHOTO

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Exercise 2 Knee- Range Of Motion Exercises

In long sitting, slide heel up towards buttock thus bending knee. Go as far as able. Hold for 3 then let back down slowly.
Repeat x10

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Exercise 3 Inner Range Quads

In long sitting, bend knee up as able. Put rolled towel under knee. Push knee down into towel and lift heel up off bed. Hold for 3 then let down slowly.

Repeat x10

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Exercise 5

In sitting position on chair or over side of bed
Gently bend knee as able , taking heel back towards chair, then lift up
foot, straightening knee as able hold for 3 then let down slowly.
Repeat x10

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Walking

It is important to walk as normal as able – with out limping
Start with short distances and gradually build up as able

Exercise 4 Straight Leg Raise

In long sitting with legs straight out in front, tighten thigh muscles..
Lift leg up straight, about 10cm off surface, hold for 3 then let down
slowly.

It is important to keep the knee straight throughout the exercise.
Repeat x10

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