

Trafford Hospital

## Information for Patients

# Manchester Orthopaedic Centre Knee Arthroscopy Post-Operative Information

**Patient Name:**

**Date:**

### The Operation

A knee arthroscopy is a day case procedure which involves the insertion of a camera into the knee through two or more small incisions (often referred to as a 'keyhole surgery'). This is usually completed under a general anaesthetic. This allows your surgeon to further examine the cartilage, ligaments and other structures in your knee. During the operation, if a defect is identified, the surgeon may treat it at the same time. This will be discussed with you prior to and following your surgery.

## After the Operation

- You will usually be discharged from hospital the same day.
- It is normal for your knee to be sore after the surgery, so pain relief can be taken to help with this.
- Ice and elevation can both be used to help settle the swelling in your knee, which may be present for a couple of weeks after your surgery.
- You will have a compression bandage on for 2-3 days and will have small plasters underneath which will stay on for 1-2 weeks depending on your surgeon. It is normal for these to have a small amount of blood on them.
- Unless indicated otherwise, you are able to put your full body weight through your operated leg without the use of elbow crutches.
- You are not usually referred to physiotherapy unless your surgeon has indicated otherwise. You can begin moving your leg immediately and can start the exercises attached as pain allows.
- If you are in a sedentary/desk based job, you can return to work after two or three days. More physical jobs may require one to two weeks off.
- Do not drive and avoid excessive use of stairs for at least three days. Only drive when you are sure you can fully control your vehicle.

## Pain control - ice

Ice can help with the pain and swelling that you may have in your knee.

Place a pack of ice (wrapped in a tea towel) over the front of your knee for about 15minutes, and then remove it for 45 minutes. If the area becomes too cold or uncomfortable, remove the ice pack and monitor the skin closely.

## Do not use ice if you have:

- Raynaud's disease.
- Altered sensation around the area being treated.
- Fragile skin.
- An uncovered wound.

# Home Exercises

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|  | <p><b><u>Ankle pumps</u></b><br/>You can complete this exercise either lying down or sat up. Move your ankles up and down. Repeat 10 times 3-4 times daily.</p>   |
|  | <p><b><u>Static glute contraction</u></b><br/>Lying on your back, squeeze your buttocks together firmly. Hold for 6 seconds and relax. Repeat 10 times 3-4 times daily.</p>   |
|  | <p><b><u>Knee hangs</u></b><br/>Place a rolled towel underneath your ankle on your operated leg and allow your knee to fully straighten. Let your leg rest in this position and repeat frequently.</p>  |
|  | <p><b><u>Heel slide</u></b><br/>Slide your heel towards your bottom, bending your knee as far as you feel able to and then straighten it. Repeat 10 times 3-4 times daily.</p>  |
|  | <p><b><u>Static quad contraction</u></b><br/>Lying on your back, or sat up on a firm mattress. Tighten the thigh muscles on the top of your operated leg. Hold for 6 seconds and relax. Repeat 10 times 3-4 times daily.</p>  |
|  | <p><b><u>Inner range quads contraction</u></b><br/>Place a rolled towel under your knee. Straighten you knee by lifting your heel off the bed, keeping your thigh on the towel. Hold for 6 seconds and then slowly lower your leg back onto the bed Repeat 10 times 3-4 times daily.</p>                    |
|  | <p><b><u>Straight leg raise</u></b><br/>Lying on your bed, or sat up on a firm mattress. Tighten your thigh muscle and lift your leg, keeping your knee straight, about 15" off of the mattress.. Hold for 6 seconds and then slowly lower your leg back onto the bed. Repeat 10 times 3-4 times daily.</p> |

## YouTube link for exercises:



You can watch your exercises on YouTube by following the link below. Alternatively, you can search for 'MFT Physiotherapy' on YouTube, click on the link for 'MFT MSK Physiotherapy- Lower Limb Exercises', and select video 'KN 1'.

<https://www.youtube.com/watch?v=cvWRaj6AjY&index=22&list=PLMLo0FsBVIPmTcZbS--CmxAPcGKFWCpqa&t=0s>

## Contact us on:

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