

WALKING

- Restrict walking for first three days according to pain and swelling
- No excessive walking for seven days

AMBULATING

- Do NOT limp
- When walking you can put your full weight through your leg and try to walk as normally as possible
- Your knee may feel rather sore and stiff on bending, however this will not damage your knee and you are encouraged to do so as the degree of comfort allows

PAIN/SWELLING

- Simple analgesics such as panadol or panadeine should relieve any discomfort
- Elevate leg whilst sitting, do not rest on rounded or ridged objects, preferably flat soft supports eg pillow or cushion
- Your knee may be slightly swollen. An ice pack applied to the area for no more than 10 minutes, 2 – 3 times a day may help relieve this.
- Should you notice there is any increasing discomfort or swelling in the knee this is a sign you may be overdoing it. If the pain and swelling continues despite rest and analgesics, please contact the surgeon.

DRESSING

If a day surgery patient:

- Remove the bandage, if in place, the following day and place waterproof bandaids over steristrips
- Leave bandaids on for 5 – 7 days. Replace if necessary.
- You should wear your elastic bandage (Tubigrip) during the day and remove at night and when showering

EXERCISES

- Gentle quadriceps exercises, calf stretching and ankle exercises are recommended 3 – 4 times a day

HOME CARE INSTRUCTIONS

KNEE ARTHROSCOPY/ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION -DAY SURGERY AND INPATIENTS

COMMENCE THE EXERCISE PROGRAM
BELOW THE DAY AFTER YOUR SURGERY

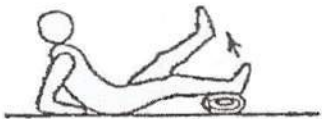
1. QUADS EXERCISE

(a)



- Place a rolled up towel under the knee
- Tighten the thigh muscle, bracing kneecap up tight
- Feel the back of the knee pressing down on the towel
- Lift heel off the bed
- Lower and relax leg
- To progress lift the straight leg off the towel
- Repeat 10 times

(b)



- Place towel under your heel
- Brace knee tightly, straightening knee down onto the bed
- Lift straight leg off the towel
- Hold for 3 seconds
- Lower and relax
- Repeat 10 times

2. KNEE BENDING

(a)



- Sit on bed with legs out straight
- Bend your knee as far as possible pulling your heel towards your buttocks
- You may help with your hands around the thigh initially
- Repeat 20 times

(b)



- Sit on the edge of a table/bed
- Bend your foot under the table (do not lift the buttock, help by pushing with the other foot)
- Repeat 10 times

Proceed with exercises every 3 hours for 3-5 days.

Then during the next 3 weeks double the exercises and repeat 3 times each day.

