

# HOME CARE INSTRUCTIONS

## KNEE ARTHROSCOPY

### DAY SURGERY AND INPATIENTS

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#### 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 the following day and leave waterproof bandaids and opsite undisturbed.
- Leave dressing 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



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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.*



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