



Department of Physiotherapy Knee Arthroscopy – Post Surgical Care

Things to take note

Weight-bearing status – Be compliant to the weight-bearing status at all times unless otherwise advised by your doctor/physiotherapist.

R.I.C.E. to reduce pain and swelling:


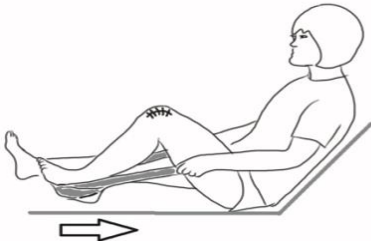
- **Rest** – do not put weight on your affected limb until your doctor has allowed you to do so. Avoid activities that cause more pain or discomfort. Appropriate resting helps to protect injured tissue from further injury and prevents delay in healing.
- **Ice** – apply ice for 15 to 20 minutes, 3-5 times a day.
- **Compress** – compression of affected limb. E.g. Bandage, elastic wrap.
- **Elevate** – raise your lower limb at or above the level of your heart to encourage circulation back to the body.

Purpose of exercises

1. Maintain range and strength of your lower limbs.
2. Optimise blood circulation, facilitating wound and bone healing.
3. Facilitate walking with or without gait aid.

Outpatient Physiotherapy will be arranged when the patient is ready to start rehabilitation to regain knee movement and strength.

*You may be advised to do some of the following exercises by your therapist.
Please check with your therapist if you are unsure of how to carry them out.
All exercises should not result in more pain. If so, stop exercise, inform therapist.*

Exercises (Lower limb)	
<p>1. Ankle pumps Bend your foot up and down at your ankle.</p> <p>Repeat 10 times hourly.</p>	
<p>2. Knee flexion Loop a towel under your foot. Using the towel for assistance, bend your knee by sliding your heel towards your buttock as much as you can Repeat 10 times, hold 10 seconds.</p>	

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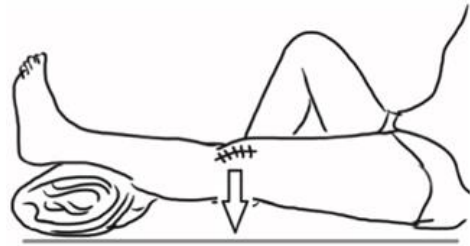
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3. Static quads

Roll a towel underneath your ankle
Straighten your knee by tightening your thigh muscles as much as possible

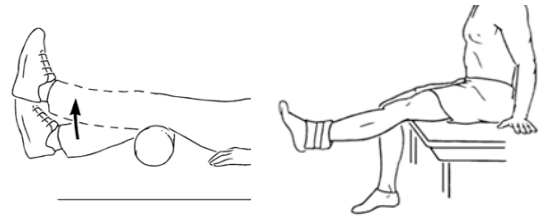
Repeat 10 times, hold 10 seconds.



4. Inner range quads

With a rolled towel under the knee or from a seated position, slowly lift your leg into full extension.

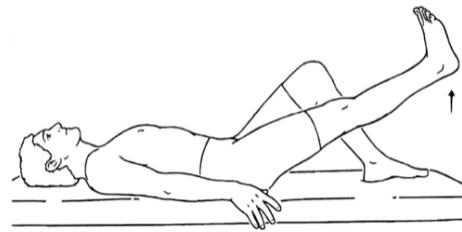
Repeat 10 times, hold 10 seconds.



5. Straight leg raise

Lying on your back with your knee straight, lift your whole leg off the bed.

Repeat 10 times, hold 10 seconds.



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