

Knee Arthroscopy Post-Op Exercise Guide

-Please start the following exercises as soon as you are able. You may feel uncomfortable at first, but these exercises will help speed your recovery and actually diminish your postoperative pain.

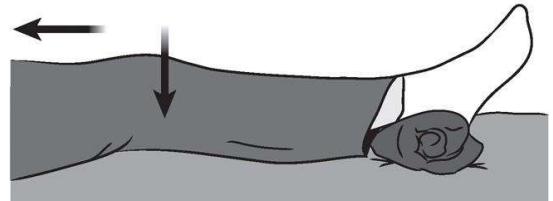
-Work on gently bending and straightening the knee from 0 degrees (fully straight) to 90 degrees (bent at a right angle). Do not bend the knee past 90 degrees.

-It is most important to focus on fully straightening your leg early in the postoperative period. Place your foot on a coffee table or chair to allow gravity to straighten your leg.

-Please perform these exercises for approximately 20 to 30 minutes, 2 or 3 times a day.

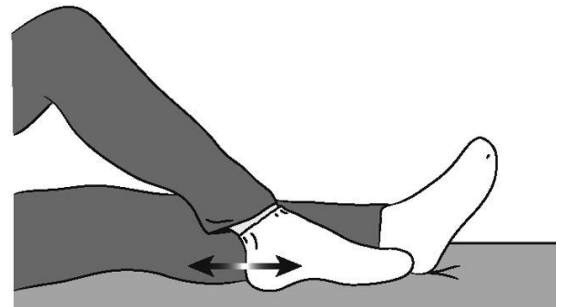
Knee Straightening Exercises

- Place a small rolled towel just above your heel so that your heel is not touching the bed.
- Tighten your thigh.
- Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for 5 to 10 seconds.
- Repeat until your thigh feels fatigued.
- This exercise should take 3 minutes.



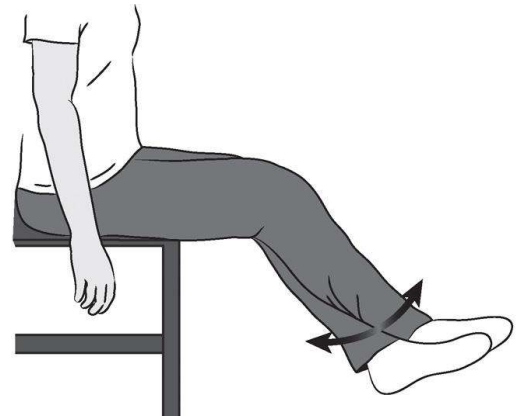
Bed-Supported Knee Bends

- Slide your foot toward your buttocks, bending your knee and keeping your heel on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds.
- Straighten your leg.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 2 minutes.



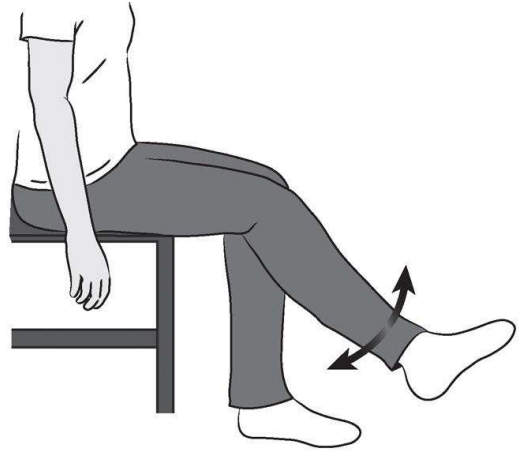
Sitting Supported Knee Bends

- While sitting at your bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support.
- Slowly bend your knee as far as you can. Hold your knee in this position for 5 to 10 seconds.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 2 minutes.



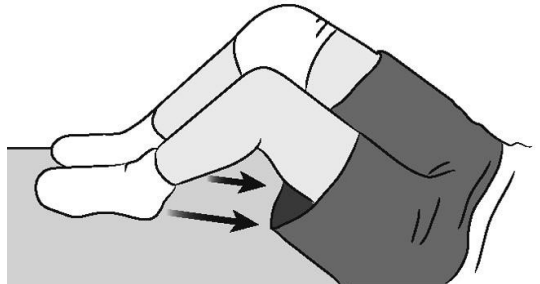
Sitting Unsupported Knee Bends

- While sitting at bedside or in a chair with your thigh supported, bend your knee as far as you can until your foot rests on the floor.
- With your foot lightly resting on the floor, slide your upper body forward in the chair to increase your knee bend. Hold for 5 to 10 seconds.
- Straighten your knee fully.
- Repeat several times until your leg feels fatigued or until you can completely bend your knee.
- This exercise should take 3 minutes.



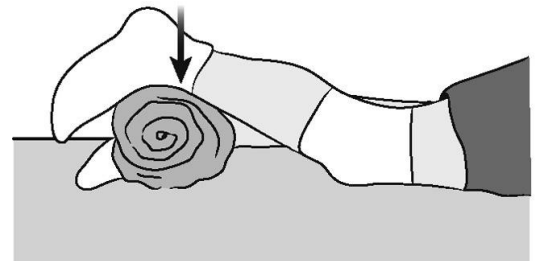
Hamstring Contraction

- No foot movement should occur in this exercise.
- Lie or sit with your knees bent to about 10 degrees. Pull your heels into the floor, tightening the muscles on the back of your thigh. Hold for 5 seconds, then relax.
- Repeat 10 times.



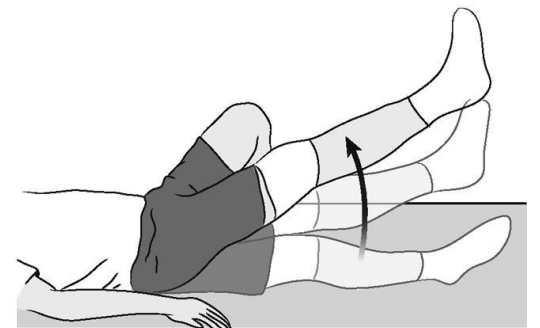
Quadriceps Contraction

- Lie on stomach with a towel roll under the ankle of your involved knee. Push ankle down into the towel roll. Your leg should straighten as much as possible.
- Hold for 5 seconds, then relax.
- Repeat 10 times.



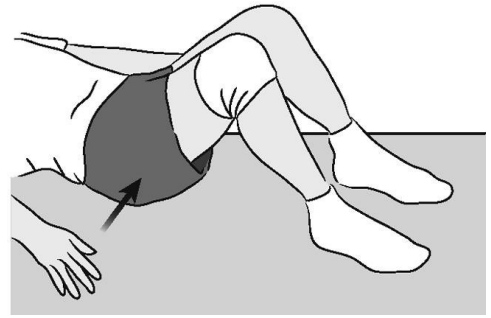
Straight Leg Raises

- Lie on your back, with your uninvolved knee bent. Straighten your involved knee. Slowly lift leg about 6 inches, then hold for 5 seconds. Continue lifting in 6-inch increments, holding each time. Reverse the procedure, and return to the starting position.
- Repeat 10 times.



Buttock Tucks

- While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds, then relax.
- Repeat 10 times.



Ankle Pumps

- Move your foot up and down rhythmically by contracting your calf and shin muscles.
- Perform this exercise for 2 to 3 minutes, 2 to 3 times an hour in the recovery room.
- If you are watching TV, do this exercise during every commercial break.
- Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.

