

RECOVERING FROM KNEE ARTHROSCOPY

Instructions for 4 to 8 Weeks After Surgery

Continuing the Rehabilitation Process

HOW TO HELP YOUR KNEE HEAL AS FAST AS POSSIBLE—DON'T OVERDO IT!

- Continue to ice your knee as needed for swelling or inflammation.
- You may progress to weightbearing types of exercises if your knee doesn't get swollen or sore because of them.
- Stop exercising before your knee starts to get achy, sore or swollen. If you do too much, your knee will swell, which will slow down your recovery.
- Once your knee gets sore or swollen, you can't strengthen the quadriceps muscle, and the Name of the Game for knee recovery is--**STRENGTHEN YOUR QUADRICEPS MUSCLE!!!**
- As your knee recovers, you will notice that you are able to do more on your knee. Again, be careful not to overdo it!

WORK WITH YOUR PHYSICAL THERAPIST

- Continue to work on rehabilitation under the guidance of Physical Therapy.
- Continue to work on quad strengthening until your quad strength is equal on both sides (test by straightening both knees and feeling your tensed muscles with your hands—feel for how hard as well as how big they are).
- If you wish to get back to sports, make sure to include agility, coordination and footwork drills into your rehab routine (ask your physical therapist about these).
- Do NOT progress to high impact activities until you have a good single leg hop

Our goal is – Back to 100%!

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