

RECOVERING FROM KNEE ARTHROSCOPY –Information for your first visit after knee arthroscopy

Instructions for the First Week or so After Surgery

HOW TO HELP YOUR KNEE HEAL AS FAST AS POSSIBLE—LET IT REST!

- Continue to ice your knee to help reduce swelling and inflammation.
- Only exercise your knee by stationary biking, quad sets, etc. (which is nonweightbearing for the knee). After a month, you may advance to weightbearing exercises, such as elliptical trainer, etc.
- Stop walking or standing before your knee starts to get achy, sore or swollen. Minimize walking and standing for the next month—weightbearing (walking or standing) puts stress on your freshly operated knee, and will cause more swelling, 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!
- Do NOT walk for exercise until at least a month after surgery.

CARING FOR YOUR INCISION

- You may begin to shower and let the incision sites get wet starting tomorrow, or 2 days after the incisions are completely dry and no longer seep fluid.
- No bathing or swimming in a pool for 7 days, no hot tub for a month (causes your knee to swell too much).
- Do not put any lotion or cream on the incision site (such as Neosporin) unless directed by your doctor.

WORK WITH YOUR PHYSICAL THERAPIST

- Work on improving your knee extension by putting your foot on a chair or coffee table and let the knee straighten by gravity (while you are sitting). You may also work to straighten your knee by pushing down on your thigh,
- Work on getting better flexion at the knee by pulling your heel closer to your buttock using your hand, or keeping your foot from moving, and sliding your body closer to your heel (to be done while sitting on the floor, bed or along the couch).
- Continue to do quad sets and leg lifts while tensing your quadriceps muscle.

Driving—You may begin to drive when you are walking well (without a limp).

Happy Healing!