

PhysioFitness

t/a Deidre Birkill Physiotherapists

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IMPORTANT INFORMATION FOLLOWING A KNEE ARTHROSCOPY

Please note that the following advice is specific to the post-surgical rehabilitation protocol of Dr J Prins and can only serve as a guideline. Each patient's pathology and recovery is different and therefore each patient's rehabilitation will be handled individually and might differ slightly.

**** During your rehabilitation, the physiotherapist will advise you when you are allowed to return to any of the below mentioned activities. To prevent injury, please do not attempt returning to sport if not cleared by your therapist.**

- Due to the surgical technique used to perform a knee scope, it is normal for you to experience some pain over the quads tendon post operatively.
- You may also experience some stiffness with flexing your knee post operatively. This is normal and there are no range of motion restrictions following a knee scope.
- Occasionally some patients may experience a burning sensation over the thigh of the operated leg after surgery. This is due to the tourniquet used during surgery and effects should be short-lived.
- In the event that you are worried about any of the above symptoms, please don't hesitate to contact your doctor or physiotherapist.

Crutches	Only if advised by Dr Prins or your physiotherapist. Full weight bearing is allowed immediately following surgery.
Bandage	Remove 48 hours post surgery.
Dressings	PLEASE DO NOT remove until your post operative appointment with Dr Prins.
Driving	1 to 2 days.
Stationery bike	3 to 4 weeks.
Elliptical machine	3 to 4 weeks.
Swimming (crawl)	2 weeks.
Jogging in a straight line	4 to 6 weeks.
Running on an uneven surface	6 weeks.
Skipping / jumping	6 to 8 weeks.
Contact sport	6 to 8 weeks.
Golf	4 to 6 weeks.

**** The above time guides are approximations only – consult with Dr. Prins or your Physiotherapist before starting any of the above activities.**

- Walk with a heel/toe gait.
- Stairs: Going up –Good leg first then sore leg; Going down –Sore leg first then good leg. This is only for the initial phase of rehabilitation.
- Ice (10mins every hour) for pain and swelling if necessary.
- DO NOT sleep with a pillow under your knee! (This will make your knee stiff into extension and make normal gait difficult).

Once gym and sporting activities resume, it is important to follow a strengthening programme that incorporates the strengthening of the quadriceps, hamstring, gluteus and abductor muscles.

It is advised that you consult with a physiotherapist from the Physio Fitness team for a follow-up session approximately 1 week post-surgery to assess your progress and tailor an exercise program to ensure a positive outcome for your surgery.

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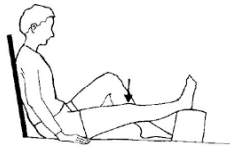
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Post-operative exercises for the first 5 to 7 days post-surgery (Knee scope):

To be done 3 times per day:

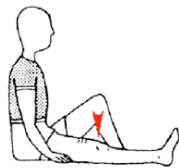
1. Torture pillow - Pillow no higher than sock level, 20mins



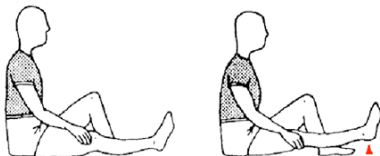
2. Foot pumps – 1min every hour



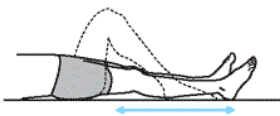
3. Static quads contraction – push knee down and lift heel, Hold 6 sec x 6 (3 sets)



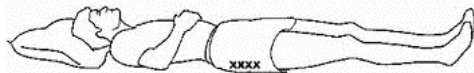
4. Straight leg raise – perform a static quads contraction and then proceed to lift straight leg about 20 degrees. (Lift heel first and then knee). X 8 (3 sets)



5. Heel slides – Slide heel on bed to bend knee as far as pain allows x 8 (3 sets)



6. Gluteal static contraction – Hold 6 sec x 8 (3 sets)



7. Hip abduction – x8 (3 sets)



8. One leg balance (Only once nerve block has fully worn off/good straight leg raise achieved)



Start with 6 x 10 sec and progress to 2 x 60 sec hold