



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive
South



- Lie on your back.
- Bend and straighten your leg.
- Repeat ___ times.

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Please note these are general guidelines and instructions may change for your specific condition.

If you have any further questions, speak to your doctor at your next clinic appointment or contact your physiotherapist at:

Tel: 021-4546400, bleep 351 - Cork University Hospital

Tel: 021-4921236 - St. Mary's Orthopaedic Hospital

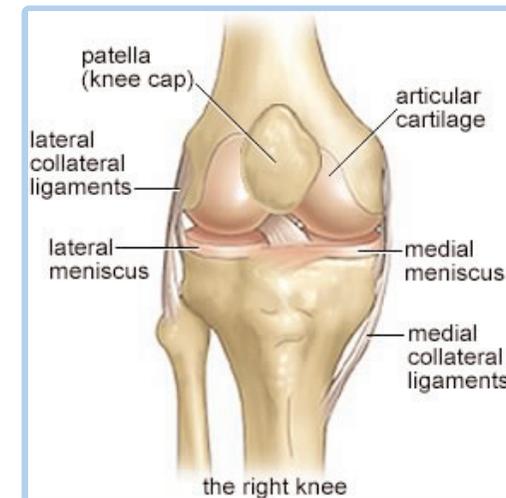
References

Brinker MR (2001), *Review of orthopaedic trauma*. WB Saunders Company, Philadelphia.

Hoppenfeld S, Murthy VL (2000), *Treatment and rehabilitation of fractures*. Lippincott Williams and Wilkins, Philadelphia.

Exercises for patients following knee arthroscopy

Physiotherapy Department



☎ 021-4546400, bleep 351

Cork University Hospital Group

Your consultant has asked that you have physiotherapy to reduce any swelling and keep your leg strong and moving normally. It is also to ensure that you are safe to walk.

After your surgery, you will be given a tubigrip. This is an elasticated bandage used to reduce swelling. It must be worn in a double layer over the knee. It should be removed when you are applying ice, doing your exercises and also at nighttime.

Your knee may be swollen after the surgery. You can use ice to reduce the swelling. Ice can burn the skin, so you must first wrap ice or frozen peas in a moist towel. Place the ice pack on the knee for 10–15 minutes. Do this 3–4 times a day at the start. **If you experience an uncomfortable burning sensation, remove the ice immediately.**

The physiotherapist will give you elbow crutches and advise you on how much weight you can take through your leg.

Exercises*

Do the following 4–6 times a day. You may wish to ice the knee afterwards.



- Lie on your back with legs straight.
- Bend your ankles and push your knees down firmly against the bed. Hold 5 seconds, then relax.
- Repeat __ times.



- Lie on your back. Bend one leg and put your foot on the bed. Put a cushion under the other knee.
- Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep your knee on the cushion). Hold approximately 5 seconds and slowly relax. To make the exercise harder, put a __ kg weight around your ankle.
- Repeat __ times.