

Sports Therapy
Manual Therapy
Electrotherapy
Manipulation
Rehabilitation
Pre-habilitation
Clinical Pilates
Pre-Season Screening
Exercise Prescription
Massage

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POST-OPERATIVE PHYSIOTHERAPY INFORMATION

KNEE ARTHROSCOPY/ LATERAL RELEASE

SURGERY:

After your surgery you will have a crepe bandage on your knee. This will be replaced with a tubigrip bandage once your drain tubes have been removed. When the bandage is removed you will see only small puncture marks made by the surgical instruments, closed with steri-strips or a single stitch. Although this may seem minor, the surgery inside and around your joint is more traumatic and must be given full opportunity to recover. YOUR RECOVERY is greatly dependent on your post-operative routine. Many procedures can be undertaken via arthroscopic surgery, and lateral release has also been performed on your knee. Your surgeon and physiotherapist will advise you further on this surgical procedure.

INPATIENT CARE AND PROGRESS:

After your surgery, you will find a drain tube in place, to drain any excess fluid from your knee after the surgical procedure. The next day following your surgery, you will get out of bed and stand with the help of your physiotherapist, before the drain tubes are removed. This is done, to allow gravity to assist in the drainage of any fluid. Once these drain tubes are removed and you are safe and independent walking and getting up and down stairs with crutches, you will be discharged.

CARE OF YOUR KNEE AFTER SURGERY:

During the first few days after your operation, your knee is recovering from the trauma of surgery, and you need to take care not to "over-do-it". This means using your crutches (as described below) to help support your knee, and wearing tubigrip to help control swelling. **If you notice excessive pain or swelling around your knee it is time to slow down a little.** A lateral release involves a division of adhesions and release of the structures that run along the outside of your knee. Given the nature of this procedure, it is quite normal to expect a fair amount of pain and swelling over the first few days.

CRUTCHES:

Should be used to remain part-weight bearing as instructed by the physiotherapist. You may gradually increase your weight bearing over the first few days. **Use the crutches until you can walk comfortably without a limp.**

UP STAIRS - Good leg, operated leg, crutches

DOWN STAIRS - Crutches, operated leg, good leg

BANDAGE:

The tubigrip bandage should continue to be worn until swelling is no longer present. This is usually 2 - 3 weeks.

ICING YOUR KNEE:

Ice has the effect of controlling inflammation and swelling which your knee is prone to after surgery or trauma. Always use a thin cloth between ice and your skin. (Ice can burn if left on your skin). You can use a commercial ice pack, bag of frozen vegetables or crushed ice. For the first 2 weeks after your surgery, try to ice your knee 3 - 4 times/day, especially after your exercises. Apply the ice to your knee for 15 minutes each time, and allow at least 1 hour between applications.



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PHYSIOTHERAPY:

It is advisable to consult a physiotherapist three to four days following your lateral release, to assess your progress and review your exercises. It is important to restore and maintain adequate strength in your thigh muscle, which can be inhibited due to the surrounding pain and swelling. Your physiotherapist will advise you accordingly.

EXERCISE PROGRAMME:

A physiotherapist will help you to commence these exercises while you are in hospital.

EXERCISES FOR KNEE MOVEMENT

With all exercises, **repeat every 2-3 hours for the first few days**. Short, more frequent exercise sessions early will help prevent you from becoming too sore. **Once you are able to complete 3 sets of 10** with each exercise, you will only need to do these exercises **3 times per day**.

1.



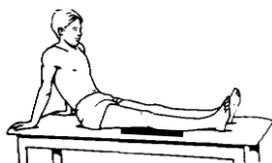
HIP/KNEE FLEXION

Keeping your heel on the bed, slide it back towards your buttocks, allowing the knee to bend gently. **ENCOURAGE** this movement within the limits of discomfort. Do not force it.

REPETITIONS: Start with 1 set of 10 reps, and increase number of sets as comfortable up to 3 sets of 10.

EXERCISES FOR KNEE CONTROL AND QUADS STRENGTH

2.



ISOMETRIC QUADS CONTRACTION

With a folded towel placed lengthways under your knee as shown in the diagram, tighten the muscles on the front of your thigh to lock your knee.

Hold for 3 seconds.

REPETITIONS: Start with 1 set of 10 reps, and increase number of sets as comfortable up to 3 sets of 10.

3.



STRAIGHT LEG RAISE

Lock the muscles at the front of your thigh and once locked, slowly lift your leg 10 - 12" off the bed. Hold for 3 seconds and then slowly lower. Aim to get the knee to fully lock so there is no bend.

REPETITIONS: Start with 1 set of 10 reps, and increase number of sets as comfortable up to 3 sets of 10.

EXERCISE BIKE

When you have sufficient bend of your knee, you can commence exercising on a stationary bike **SLOWLY** and with **MINIMAL RESISTANCE** to help movement, not to build strength in the early stage. This may commence around day 5-10.