

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 ARTHROSCOPE with Mr Nigel Hartnett

You have elected to undergo an arthroscopy of your knee. Arthroscopy involves looking at the inside of the knee joint with a small telescope and camera. The results from arthroscopic surgery depend on the arthroscopic findings and the underlying condition. Despite the fact that the incisions are quite small, a large amount of surgery can be performed within the knee.

YOUR RECOVERY is greatly dependent on your post-operative routine. Controlling swelling will be one of the most important things to consider post surgery in the first 72 hours (3 days)

Rest- take it easy and don't be up and around on your feet too much.

Ice- use ice a minimum of 4 times per day for 20 mins at a time.

Compression- tubigrip bandage to be worn over the knee daily until all the swelling has subsided which may take 1-2 weeks.

Elevation- keep your leg elevated as much as possible when you are resting.

After the first 72 hours use RICE symptomatically as needed

TAKE CARE NOT TO OVERDO IT... when you start to increase your activity levels again LISTEN to your knee. If it is getting sore and swollen after an activity or at the end of the day your knee is telling you that you've over done it. When you over do things and increase your pain and swelling you are delaying your recovery. Use RICE principles to settle the knee back down.

WALKING:

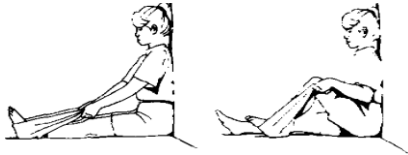
You are able to begin weight bearing on your operated knee immediately post-surgery but remember there will be some local anesthetic in your knee for a few hours post-surgery so you will not get a true indication of the pain in your knee until that wears off. You may gradually increase your weight bearing over the first few days, just make sure you don't do a lot of walking in this time. Often people find they don't need crutches following an arthroscopy, however if you find that you are having quite a bit of pain, or are having trouble bearing weight through the operated leg, you may need to get a pair of crutches or a walking stick to help share the load on your knee for a few days until it settles. Try to walk as naturally as possible and not limp.

Stairs: In the early days stairs can place a fair amount of pressure on your knees. To start with, you will find it more comfortable to go up one step at a time, leading with your good leg, and down one step at a time leading with your sore leg.

EXERCISE PROGRAMME:

There are 3 basic **EXERCISES** we want you to commence the day after your arthroscopy. Repeat the exercises every 2-3 hours for the first 3 days and then 2-3 times per day after that.

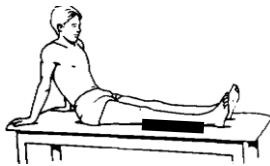
1. You want to start to get the knee moving slowly again



Start with 1 set of 10 and gently and comfortably build up to 3 sets of 10

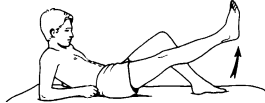
Keeping your heel on the bed, slide it back towards your buttocks, allowing the knee to bend gently. Keep this movement comfortable, there is no need to force it.

2. You want to get the quadriceps functioning again



Start with 1 set of 10 and gently and comfortably build up to 3 sets of 10

With a folded towel placed lengthways under your knee as shown in the diagram, gently (no pain) push the back of your knee into the towel to tighten the muscles at the front of your thigh. Hold 3 secs



Start with 1 set of 10 and gently and comfortably build up to 3 sets of 10

Tighten the muscles at the front of your thigh to lock the knee, once locked, slowly lift your leg 10 - 12" off the bed. Only commence this exercises when there is no pain to do so.

These are good beginner exercises so keep going with these exercises until your review with Mr. Hartnett. You will need to continue with your rehab and progress the exercises following this review. The better strength you build up in the muscles around your knee, the better off your knees will be in the long run. Please speak to your physiotherapist or surgeon about the best way to do this *i.e* exercise bike, gym work etc

RETURN TO SPORTS/ACTIVITIES

Please discuss with Mr. Hartnett at your review about timeframes and guidelines for returning to specific activities or sports (e.g. gym, running, swimming, contact sports etc).

You may need to have a consultation with your physiotherapist to work towards these goals.

CHANGE IN POST – OPERATIVE INSTRUCTIONS

There are occasions that during surgery your surgeon comes across unexpected trauma, which may require additional work. This may change your post operative recovery instructions (e.g. the need for a brace, change in weight bearing status, etc.). If you find that your post operative instructions from your surgeon are different to the pre operative physiotherapy instructions, please contact us on (03) 9819 2827 and we will endeavor to correct any confusion you may have.