

• **Patellar mobilization**

Gentle mobilization of the patella is very important to prevent stiff knee.



Try to push the patella with your hand in all directions, hold at end range 10 seconds, relax, Repeat 10 times.

• **Gentle knee range of motion exercise**

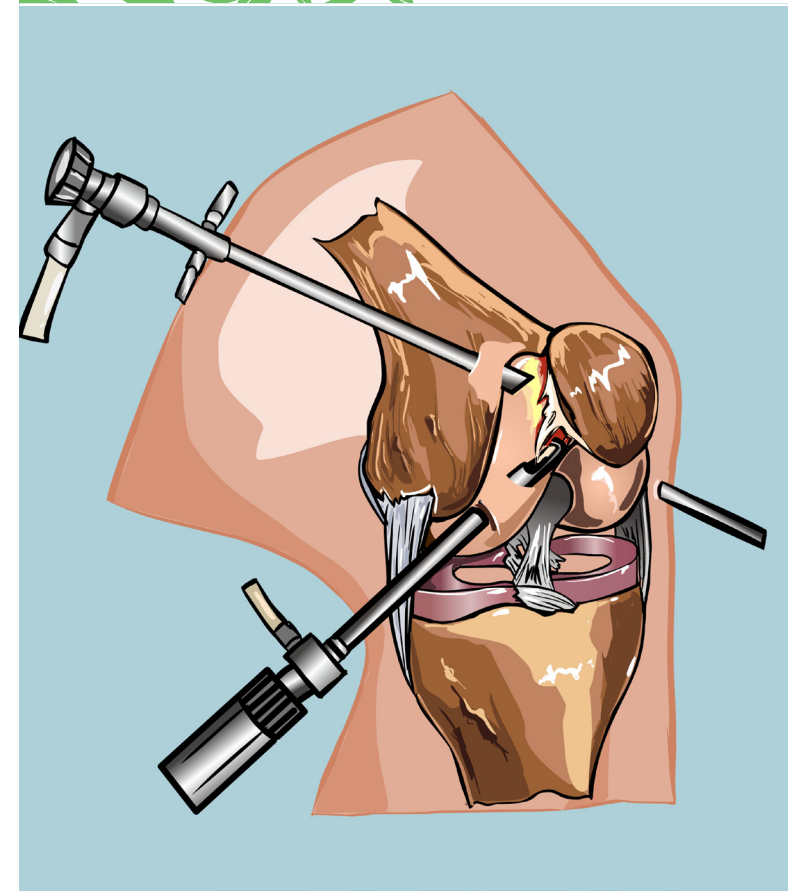
Initiating early knee range of motion exercises are important to avoid stiffness.



Bend and straighten your knee slowly by sliding your heel back and forward on the sliding board, within the pain free range. Repeat 10 times.



EARLY REHABILITATION AFTER KNEE ARTHROSCOPY



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Early Rehabilitation After Knee Arthroscopy

After knee arthroscopy some complications (may) occur at the knee like:

1. Swelling
2. Muscle weakness
3. Limitation of joint movement

To overcome these complications we advise the patients to follow some instructions and do some exercises as follows:

• RICE

Swelling is one of the common complications after joint surgery. To overcome this problem, we follow RICE procedure protocol:

Rest:

Avoid heavy activity and overload like walking for long time and also avoid heavy exercises.

Ice:

Applying ICE on the knee for 10-15 minutes every 2-3 hours is very important to Control swelling.



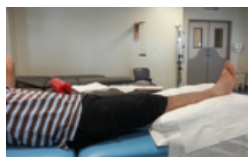
Compression:

Apply mild compression on the knee with (bandage or crepe bandage).



Elevation:

Elevate the lower limb little above the heart level by putting cushion or towel under the foot to decrease the swelling.



• Gentle strengthening

Gentle strengthening exercises for knee and ankle muscles are very important for rehabilitation after arthroscopy.

Ankle pump:

Take your foot up and then push it down through the range. Hold 6 seconds in each position, Repeat 30 times.



Quadriceps isometric set:

With towel under the ankle, bend your foot up and push your knee down firmly into the bed. Hold 6 seconds - relax, Repeat 10 times.



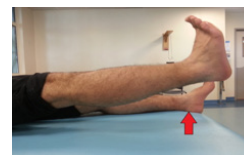
VMO strengthening exercise

Bend the ankle, tightening your thigh muscle and straightening the knee (keep knee on roll). Hold approx. 6 seconds and slowly relax. Repeat 10 times.



Straight leg raise exercises:

Bend the foot, straightening the knee and lifting the leg 20cm off the bed. Hold approx. 6 seconds- and slowly relax. Repeat 10 times.



Isometric hamstring exercises:

With towel under the knee push your ankle down firmly into the bed. Hold 6 seconds - relax, Repeat 10 times.



hip abduction:

With straight knee move your leg slowly away from the other leg, return slowly, Repeat 10 times.



OR

From side lying elevate the affected leg "with your knee straight" Hold 6 seconds- relax, Repeat 10 times.



Isometric hip adduction:

Bend your foot and push your straight knee firmly against the towel as if squeezing it. Hold 6 seconds-relax, Repeat 10 times.

