



DUNGY ORTHOPEDIC CENTER

Knee Arthroscopy Post-Operative Instructions

1. You may resume your usual diet. Drink plenty of fluids.
2. You may walk on the operated leg as tolerated, but avoid doing too much for the first day or two. Consider using your crutches or a cane to minimize discomfort. It is not usual for the leg to feel weak, so use the crutches/cane until you are sure the leg will support your weight.
3. It is normal to have swelling and discomfort in the knee for several days or a week after arthroscopy.
4. Plan to take today and tomorrow off of work/school/usual routine. You may resume work when the pain and swelling subsides (this can be a week or more, depending on the type of work you do, and the procedure that was done for your knee).
5. If you have pain, take your prescription medication as directed. If your pain is less severe and you don't have allergies to any of the following medications, you may substitute Extra-Strength Tylenol, Advil, Motrin, or Aleve. These should be taken with meals.
6. Apply ice packs (not heat) to the knee for the first several days. Typically, about 20 minutes every couple of hours while awake helps to decrease pain and swelling. This will help reduce the pain and swelling. Always place a towel or cloth between the skin and ice to prevent skin injury. Elevation of your knee is helpful when resting.
7. Shower daily, allowing your incision to be cleaned. Pat it dry. Do not soak your wound in water such as a tub, pool, whirlpool, or hot tub until 3 weeks post-operatively.
8. Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain).
9. If you have fever, redness, or drainage from the knee after the first day or two, please call us. Equally, if you have numbness, tingling or discoloration of the foot after the first day or two, please call us.
10. Unless you are allergic or have a history of stomach ulcers, take an aspirin each morning for two weeks and do at least ten ankle pump exercises each hour to help prevent phlebitis (blood clots in the veins). If you develop calf pain or tenderness, please call the office.

See other side for rehabilitation exercises.



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Rehabilitation After Arthroscopic Knee Surgery

This protocol is a guideline for your rehabilitation after arthroscopic knee surgery. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call Dr. Dungy if you have a problem with your knee or if you need clarification of these instructions.

Goals

1. Protect the knee from overstress.
2. Prevent loss of motion.
3. Activate the quadriceps muscle (the anterior thigh muscles).

You can bear weight and walk on your leg as long as you are able, unless otherwise instructed by Dr. Dungy. In some cases crutches may be necessary for a period of time if walking is uncomfortable. You should ice your knee to reduce the pain and swelling (see other side for details).

Specific Exercise Program Goals- Maintain muscle tone in the thigh muscles and straighten the knee.

Lay on your back with the operative knee extended fully straight. Tighten and hold the front thigh muscle making the knee flat and straight. If done correctly, the kneecap will slide slightly upward toward the thigh muscle. The tightening action of the quadriceps should make your knee straight and be pushed flat against the bed or floor. Each contraction should be held for four to five seconds. Do twenty repetitions 3 times a day. Do not use leg weights in the early stages of physical therapy following an arthroscopy.