Physiotherapy Department

Exercises for patients following Arthroscopy

It is important following surgery that you look after your wound when you are discharged home.

Wound Care: The bandage can be removed according to your consultants protocol. Please discuss further with nursing staff on the unit. Baths and showers are only permitted if the wound can be kept dry.

Ice: Treat swelling with a bag of ice for 10-15 minutes up to 4 times a day. Always use a damp tea towel to cover the skin to avoid ice burn.

Walking and Stairs: You will be provided with elbow crutches after your surgery. When you can walk without a limp, they can be returned to the physiotherapy department. It is common to experience aching or discomfort in the knee, as this improves walking should become easier. You may find climbing stairs one at a time easier, ascend stairs using good leg first, and descend stairs using operated leg first.

Driving: You must not drive for 7 – 10 days following surgery. You may then commence driving when you feel confident to do so and when you are certain you can perform an emergency stop. Please also contact your individual insurance company to check your policy.

Sport: If you play a sport or have a hobby/interest of a physical or demanding nature you will need to check with your consultant or physiotherapist around how soon you can safely return to this activity.

Out Patient Appointment: You will be given an appointment before discharge from hospital or one may be posted to you. The appointment will be in approximately 6 weeks.

Work: You will need to follow your consultant's instructions depending on the complexity of your surgery and your job role.

Contact Details:

Day Procedure Unit CRH - Monday to Friday	Telephone No: 01422 223748 / 223749
Day Surgery Unit HRI - Monday to Friday	Telephone No: 01484 342111
Ward 8A - Monday to Sunday 24 hours a day	Telephone No: 01422 223801

compassionate care

The physiotherapy team will show you how to perform the exercises in this booklet.

It is in your best interests to continue these exercises when you go home. Failure to do so may lead to a poor recovery.

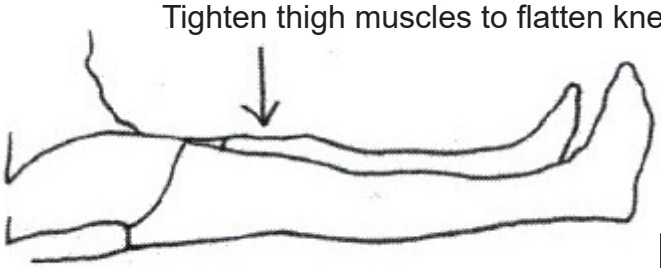
Following your operation you will have some pain. The exercises are to be performed to discomfort not pain. If you are unable to perform any of these exercises due to excessive pain or anything else, please inform a member of staff.

The repetition of each exercise may vary and is stated clearly under each one.

Bed Exercises

1. Static Quads

Tighten thigh muscles to flatten knee



☐ **X** ☐ **per day**

2. Inner Range Quads



Tighten thigh muscle and lift heel off bed

☐ **X** ☐ **per day**

Progression: Keep thigh muscle tight and lift whole leg off roll

3. Supine Knee Bend



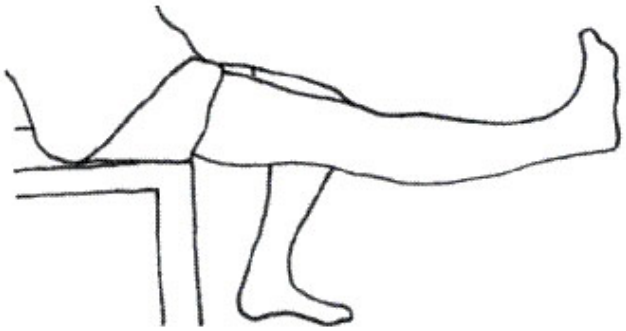
Slide heel back and forward

☐ **X** ☐ **per day**

Chair Exercises

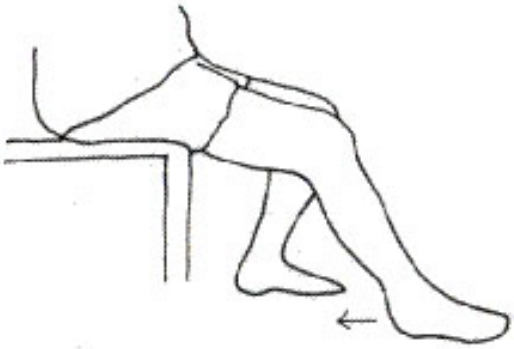
1. Through Range Quads

Tighten thigh muscle and straighten leg



☐ X ☐ per day

2. Sitting Heel Slides

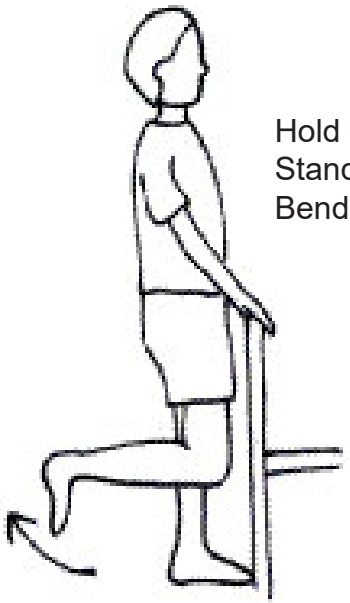


Bend knee and aim for more bend each time

☐ X ☐ per day

Standing Exercises

Knee Flexion



Hold onto solid object.
Stand straight.
Bend knee.

☐ X ☐ per day

Contact Details

Physiotherapy Department
Huddersfield Royal Infirmary
Tel: (01484) 342434

Rehabilitation Department
Calderdale Royal Hospital
Tel: (01422) 224198

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

If you have any comments about this leaflet or the service you have received you can contact :

Assistant Therapy Service Co-ordinator
Huddersfield Royal Infirmary

Telephone No: (01484) 342403

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۂے میہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"