

# After Your Knee Arthroscopy

Meniscectomy or knee clean-out (chondroplasty, loose body, plica)

Nothing was repaired during your surgery, so there is nothing to protect. You can walk with full weight right away. Most people don't need formal physical therapy after this surgery. This program is your therapy. Your two jobs are to control swelling and to get your thigh muscle (quad) strong again.

- Full weight on your leg from day 1. Use crutches only for comfort; most people stop within 2 to 5 days.
- Ice 20 minutes on, 20 minutes off after each exercise session and as needed.
- Goals: bend your knee to 90 degrees by the end of week 1 and fully by the end of week 2.
- No running, jumping, or cutting for 6 weeks. No pools or swimming until your incisions are fully healed (about 4 weeks).

**Pain guide:** Some soreness is expected. If pain goes above 4 out of 10, or your knee is clearly more swollen the next morning, you did too much. Back off for a day, then build up again.

## WEEKS 0 TO 2 Control swelling, get your motion back, wake up your quad

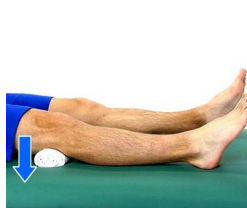


### Ankle Pumps

Lying down, pull your toes up toward you, then point them away. Keep it smooth and steady.

**Do: 20 pumps every hour while awake**

*Helps prevent swelling and blood clots.*



### Thigh Tightener (Quad Set)

Lie with your leg straight. Tighten the muscle on top of your thigh and press the back of your knee down. Hold 5 seconds, then relax.

**Do: 10 reps, 3 times a day**

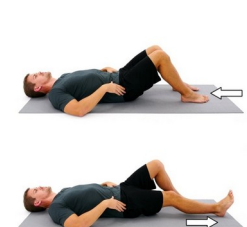


### Straight Leg Raise

Bend your other knee. Tighten your thigh so your knee is locked straight, then lift your leg to the height of the other knee. Lower slowly.

**Do: 10 reps x 2 sets, 2 times a day**

*If your knee bends as you lift, do thigh tighteners for a few more days first.*



### Heel Slide

Lie on your back. Slide your heel toward your buttock as far as is comfortable. Hold 5 seconds, then slide back out straight.

**Do: 10 reps, 3 times a day**



### Heel Prop (Straighten Your Knee)

Rest your heel on a rolled towel or pillow with nothing under your knee. Relax your thigh and let gravity straighten your knee.

**Do: 5 to 10 minutes, 3 times a day**

*A straight knee comes first. Don't sleep with a pillow under your knee.*



### Hamstring Stretch with Strap

Lie on your back with a strap around one foot. Pull the leg up with the knee straight until you feel a stretch behind your thigh. Hold.

**Do: Hold 30 seconds, 3 times each side**



### Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

**Do: 10 to 15 minutes, light resistance.**

**Start day 2 or 3 if your knee bends enough**

**WEEKS 2 TO 6** Build strength and balance**Mini Squat**

Hold a counter, feet hip-width apart. Push your hips back and bend your knees a little, like starting to sit. Stand back up.

**Do: 15 reps x 2 sets**

*Start shallow. Go deeper as your knee allows.*

**Step-Up**

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

**Do: 10 reps x 2 sets, each side**

*Start with a 4-inch step. Go higher as you get stronger.*

**Side Step-Down**

Stand sideways on a step on your working leg. Slowly bend that knee to lower the other heel to the floor, then stand back up.

**Do: 10 reps x 2 sets**

*Keep your knee pointing over your second toe. Don't let it cave in.*

**Face-Down Hamstring Curl**

Lie face down with your legs straight. Bend your knee to bring your heel toward your buttock, then lower slowly.

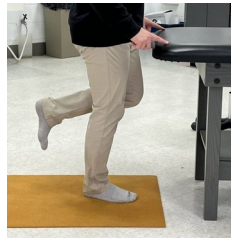
**Do: 12 reps x 2 sets. Add an ankle weight when easy**

**Side-Lying Hip Raise**

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

**Do: 12 reps x 2 sets, each side**

*Don't let your top hip roll backward.*

**Single-Leg Balance**

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

**Do: 30 seconds, 3 times each side**

*Harder: close your eyes or stand on a pillow.*

**What comes next:** Running can start after 6 weeks if your knee isn't swelling and your strength is back. Most people return to full sport at 8 to 12 weeks.

**CALL US:** Call (425) 656-5060 right away for fever over 101°F, redness or drainage from your incision, calf pain or swelling, chest pain or shortness of breath (call 911), or pain that keeps getting worse.

*This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.*