



## KNEE ARTHROSCOPY RECOVERY

### Pain Medicine:

You will be sent home with a prescription for narcotic pain medicine (oxycodone, hydrocodone, codeine). You should also take Ibuprofen (Advil or Motrin) 600mg three times daily **with food** for the first few days after surgery to reduce pain and swelling.

### Dressings:

You may remove your dressings 48 hours after surgery. You may cover your incisions with band-aids over leave them uncovered. Please leave the “steri-strips” in place (the pieces of tape covering the incisions). You may shower once your incisions are completely dry, without any drainage (usually 2-3 days after surgery).

### Ice:

You should ice your knee for 20 minutes, 3-4 times a day for at least the first week and may continue for several weeks as necessary. Your knee may be swollen for several weeks after surgery. Repetitive icing will help reduce swelling and pain.

### Activity:

You may fully weight-bear on your surgical leg. Crutches are often necessary for the first few days until you can safely walk without them. On the day after surgery you should start performing knee exercises as detailed in this protocol. Within the first week it is essential to achieve full knee extension and 90 degrees knee flexion.

#### Goals of the first week after surgery:

1. Knee Motion: full extension to 90 degrees flexion (exercises)
2. Decrease swelling (ice, ibuprofen, elevation)
3. Maintain Quadriceps muscle tone (exercises)

### Physical Therapy:

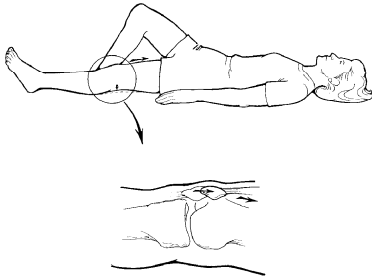
You may require formal Physical Therapy during your recovery. This will be determined during your first post-operative visit with your surgeon.

### Follow Up:

You will return to see Dr. DiGiulio 1 week and 6 weeks after your surgery.

### Exercises:

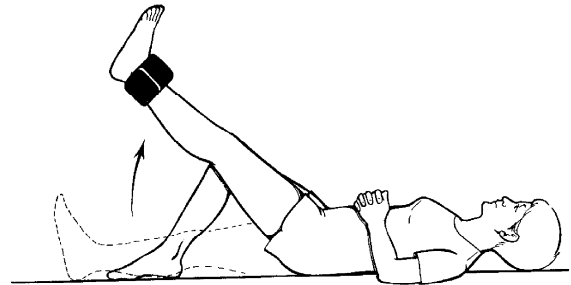
See attached exercise sheet. You should perform your exercises **THREE TIMES DAILY** starting the morning after your surgery.



Exercise 1 of 6

### QUAD SETS/EXTENSION

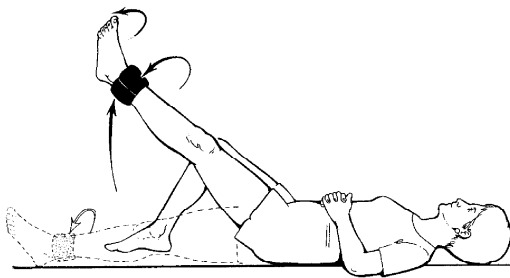
1. Sit or lie on your back with leg straight
2. Press the back of your knee downward
3. This will tighten the muscle on top of your thigh and move your kneecap as shown
4. Hold 2 seconds
5. 10 repetitions



Exercise 2 of 6

### STRAIGHT LEG RAISE

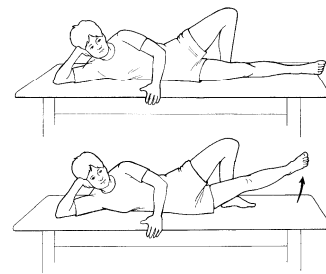
1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it 12 inches
3. Hold 2 seconds and SLOWLY lower
4. 10 repetitions



Exercise 3 of 6

### STRAIGHT LEG RAISE (VMO)

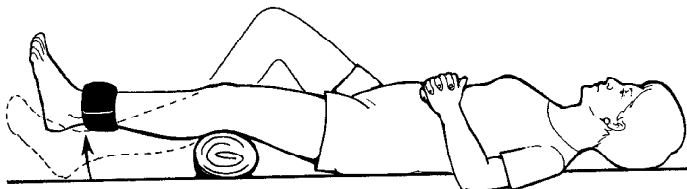
1. Lie on back with knee straight and the other knee bent as shown
2. Keep the leg completely straight with toes pointed outward, then raise it 12 inches
3. Hold 2 seconds and SLOWLY lower
4. 10 repetitions



Exercise 4 of 6

### HIP ADDUCTION

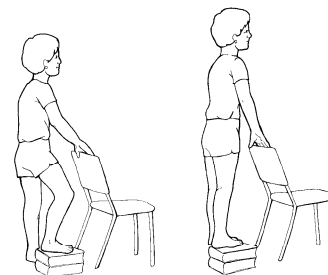
1. Lie on side as shown, with treatment leg on the bottom
2. Raise leg up toward ceiling
3. Hold 2 seconds, then SLOWLY lower
4. 10 repetitions



Exercise 5 of 6

### SHORT ARC QUAD/EXTENSION

1. Lie on your back with towel roll under knee
2. Raise heel up until knee is straight
3. Hold 2 seconds and SLOWLY lower
4. 10 repetitions



Exercise 6 of 6

### QUADRICEPS - STEP UPS

1. Place enough books on floor to total 12 inches tall
2. Hold onto solid object for support
3. Step up onto books with treatment foot
4. Slowly lower
5. 10 repetitions