



Mr. Eden Raleigh  
FRACS (Orth) M.B. B.S. (Mon) FAOA  
Specialising in Shoulder & Knee Surgery

## **Mr. Eden Raleigh**

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## **Orthopaedic Surgeon Specialising in Shoulder & Knee Surgery**

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## **KNEE ARTHROSCOPY**

### **Stairs**

Use the following sequence to safely go up and down stairs:

#### Going upstairs

1. Good leg
2. Operated leg
3. Crutches

#### Going downstairs

1. Crutches
2. Operated leg
3. Good leg

### **Swelling**

Apply ICE to your surgery site for 20 minutes every 2 hours. ELEVATE the affected leg regularly to reduce swelling. You should be elevating the affected leg for most of the day for the next 2 weeks.

## **Initial exercise program**

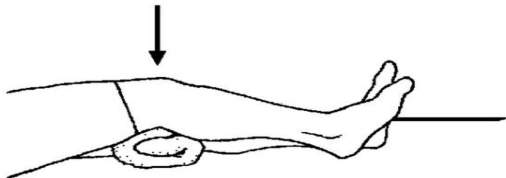
### **1. Quads over towel**



Lie on your back with a rolled towel under your knees and let your legs hang over in a comfortable position. Straighten your affected knee by tensing the front thigh muscles, so that your heel comes off the table and the knee straightens. Hold this position, then control the movement back down to the start position.

Repeat 10 times

### **2. Static quads**



Lie on your back with your resting leg bent. Place a rolled towel under the knee of your affected leg. Tense your thigh muscles, hold it for 3 seconds and relax.

Repeat 10 times

### **3. Heel slides**



Lie on your back with one leg bent and the other one straight. Bend your straight knee by sliding your foot along the floor. Return to the starting position.

Repeat 10 times

### **4. Ankle pumps**



Do this exercise by pointing and flexing your feet.

Repeat 20 times

## **Intermediate exercise program**

### **1. Seated assisted knee extension**



Hook your unaffected foot behind the foot of your affected leg. Straighten both legs as far as possible, letting your unaffected leg help your affected leg. Calmly place your feet back. Repeat this movement, and try using your affected leg as much as possible when making the movement.

Repeat 10 times

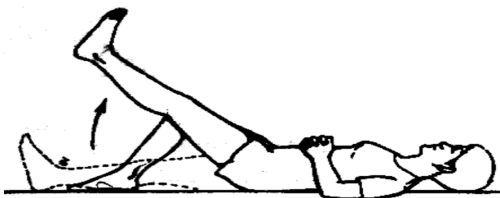
### **2. Seated assisted knee flexion**



Bend your knee as far as you can by sliding your foot backward. Cross your other leg over your ankle and use it to help bend your knee further. Maintain the position and relax. Do not slide forward nor allow your buttocks to lift up from the chair when you push your knee bent.

Repeat 10 time

### **3. Straight leg raise**



Straighten your affected leg out so that it is flat. Tighten your abdominal and thigh muscles, and lift this leg directly up, keeping the knee completely straight. Ensure your stationary leg stays still with the knee pointing to the ceiling. Control the movement as you lower the leg back down onto the floor.

Repeat 10 times

## **Standing exercises**

### **1. Mini squats**



Stand behind a chair or table and place your hands on the backrest. Keeping your back straight, bend both knees into a semi-squatting position, allowing your hands to slide forwards. Your hips should travel backwards as you counterbalance by leaning your chest forwards. Push through your buttock and thigh muscles as you return to standing.

Repeat 10 times

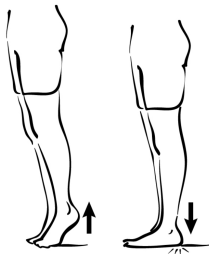
### **2. Marching on the spot**



Stand up straight whilst you hold on to the frame. March on the spot, lifting your knees as high as you can. Make sure your stance leg remains straight when you lift the other leg up. Keep your posture upright and avoid looking down throughout the exercise.

Repeat 10 times

### **3. Heel raises**



Stand with both legs straight. Hold on to a wall or supportive object for balance. Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.

Repeat 15 times