

## KNEE ARTHROSCOPY

### Post Operative Exercise Guide for Knee Arthroscopy

---

Regular exercise to restore your knee mobility and strength and a gradual return to everyday activities are important for your full recovery. Dr. Uggen and your physical therapist recommended exercise approximately 20-30 minutes 2 or 3 times a day and walk 30 minutes, 2 or 3 times a day during the early recovery. The following guide can help you better understand your exercise/activity program, supervised by your physical therapist and Dr. Uggen. Contact Dr. Uggen if any problems occur while on this exercise program. As you increase the intensity of your exercise program, you may experience temporary setbacks. If your knee swells and hurts after a particular exercise activity, you should lessen or stop the activity until you feel better.

---

#### **Cold Therapy for Your Knee**

Do this 3 times a day **and** after each exercise and physical therapy session.

For the first week after you go home do the following:

- Place a towel over the operative site
- Place a large bag of frozen peas or an ice gel pack (not a bag of ice) on top of the operative site for 20 minutes

---

#### **Initial Exercise Program**

Do these for 10 repetitions 3 times a day

**Hamstring Contraction**, 10 repetitions-no movement should occur in this exercise. Lie or sit with your knees bent to about 10 degrees. Pull your heel into the floor, tightening the muscles on the back of your thigh. Hold 5 seconds, then relax. Repeat 10 times

**Quadriceps Contraction**, 10 repetitions-lie on your stomach with a towel roll under your weak knee. Push ankle down into the towel roll. Your leg should straighten as much as possible. Hold 5 seconds. Relax. Repeat 10 times

**Straight Leg Raises**, 10 repetitions-lie on your back, with uninvolved knee bent, straighten your involved knee. Slowly lift about 6 inches and hold for 5 seconds. Continue lifting in 6 inch increments, hold each time. Reverse the procedure, and return to the starting position. Repeat 10 times. Advanced: Before starting, add weights to your ankle, starting with 1 pound of weight and building up to a maximum of 5 pounds of weight over 4 weeks.

**Buttock Tucks**, 10 repetitions-while lying down on your back, tightening your buttock muscles. Hold tightly for 5 seconds. Repeat 10 times.

---