

Sunshine Coast Knee & Hip Clinic
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Exercise Program: After arthroscopy

1. QUADRICEPS STRENGTHENING - To maintain muscle tone in the thigh muscles (quadriceps) and straighten the knee.
Sit or lie on your back with your knee extended fully straight as in figure 1. Tighten and hold the front thigh muscles making the knee flat and straight. The tightening action of the quadriceps should make your knee straighten and be pushed flat against the bed or floor. **Hold for five seconds for each contraction. Do 20 repetitions as often as possible**

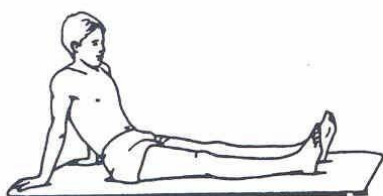


Fig.1



fig.2

Sometimes a **HEEL PROP**- to straighten (extend) the knee will help with this exercise. Sit in a chair with the heel on a stool as shown in figure 2. Let the knee relax into extension (straight), then do exercise as described above

2. SITTING HEEL SLIDES -to regain the bend (flexion of the knee).
While sitting in a chair, slide the heel backward as if trying to get the foot underneath the chair. Hold five seconds and slowly relieve the stretch by sliding the foot forward. You can help with the opposite foot if necessary. **Repeat exercise 20 times, three times a day.**



3. ANKLE PUMPS - move the foot up and down to stimulate circulation in the leg.



Do at least 10 ankle pump exercises each hour.