Hampshire Hospitals NHS
NHS Foundation Trust

KNEE ARTHROSCOPY

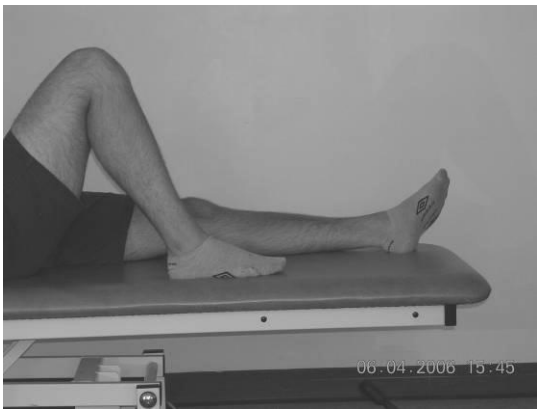
Trauma & Orthopaedic Directorate

EXERCISES to Strengthen Your Knee

Exercises to Strengthen Your Knee

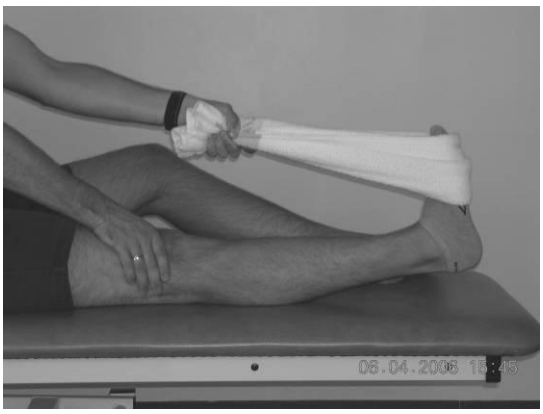
You should exercise your knee regularly for several weeks following surgery to strengthen the muscles of your leg and knee. After discharge you may have at least one appointment with the physiotherapist. Physiotherapy will continue until you have reached the required standard of movement and muscle strength

KNEE ARTHROSCOPY EXERCISES

HEEL SLIDE	
• **Sitting; Pull heel towards body.** • **Assist stretch with hands on your shin** • **Hold for 5 seconds** • **Bend a little further and hold for another 5 seconds** • **Relax and return to starting position. Repeat 10 times.**	

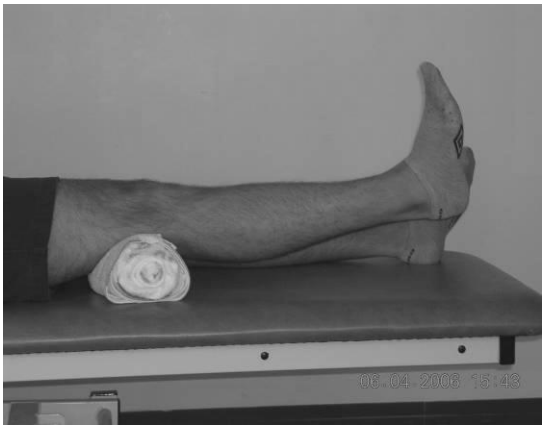
TOWEL STRETCH

- **Hold on to towel as shown**
- **Use opposite hand to push down on your thigh just above your knee**
- **Hold for 5 seconds**
- **Release towel and tighten thigh muscle so that heel stays in raised position**
- **Repeat 5 times**



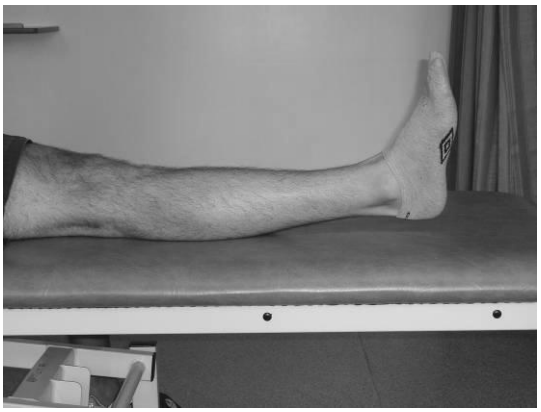
KNEE EXTENTION

- **Place a rolled towel under your knee**
- **Keeping the knee in contact with the towel raise your heel from the bed.**
- **Hold for 3 seconds**
- **Repeat 10 times**



QUADS TIGHTENING

- **Sitting with leg straight out in front of you**
- **Tighten your thigh muscle by pushing the back of your knee into the bed**
- **Hold for 5 seconds**
- **Repeat 10 times**



Please carry out exercises 3 times a day or as instructed by your physiotherapist

If you have any questions please contact Orthopaedic physiotherapists on 01256 313531

STAIRS

UP **DOWN**

Lead with your good leg going up the stairs			**Lead with your operated leg coming down the stairs**

TUBIGRIP SUPPORT BANDAGE

You have been supplied with a tubular bandage to help control swelling of your limb.

Please read the following carefully:

- **ELEVATE** and **SUPPORT** your limb **ABOVE** a horizontal position whenever possible
- Apply the bandage in the morning and **remove it at night**.
- Ensure there are no creases in the bandage.
- **DO NOT** turn back the bandage at the edges (leave frayed ends frayed).
- The bandage may be washed in **COOL** water – allow to dry naturally (**DO NOT** tumble dry)
- Wear two layers during the day for the first three days –reducing to one layer for a further four days or as advised by your physiotherapist, or continue if swelling persists.

IMPORTANT
Remove the bandage and contact your GP if you experience any of the following:

- Your toes turn blue or white or become swollen and do not recover when elevated or exercised.
- You have pins & needles, numbness in your foot or have difficulty in moving your toes due to pain