



POST-OPERATIVE GUIDELINES FOLLOWING A KNEE ARTHROSCOPY

Indications for an arthroscopy:	
<ul style="list-style-type: none"> • Partial medial / lateral menisectomies. • Removal of loose body. • Chondroplasty. 	
Crutches	This will be at the discretion of your surgeon and physiotherapist.
Stocking	10 days.
Bandage	Remove 24 hours post surgery.
Driving	1 to 2 days.
Stationery bike	1 to 2 weeks (start with 0 resistance).
Elliptical machine	3 to 4 weeks.
Swimming (crawl)	2 weeks.
Jogging in a straight line	6 to 8 weeks (dependent on patient's level of pain / function and effusion).
Running on an uneven surface	Consult with your doctor.
Skiing / jumping	6 to 8 weeks.
Contact sport	8 to 10 weeks.
Golf	4 to 6 weeks.
The above time guides are approximations only – consult with your surgeon or physiotherapist before starting any of the above activities.	
Post-operative exercises for the first 5 to 7 days post-surgery:	
<ul style="list-style-type: none"> • To be done 4 times per day: <ul style="list-style-type: none"> ○ Straight leg raise (3 x 8). ○ Heel slides (bend knee as far as pain allows, x 15). • Practice walking with a heel / toe gait. • Ice if necessary. 	
Once gym and sporting activities resume, it is important to follow a strengthening programme that incorporates the strengthening of the quadriceps, hamstring, gluteus and abductor muscles.	
It is advised that you consult with Barrow Physiotherapy for a follow-up session approximately 1 week post-surgery in order for a therapist to progress your exercises and design a specific programme for you.	

