

### Knee Arthroscopy with Meniscal Debridement and/or Chondroplasty

#### Post-Operative Day #0-2

- Relative bedrest – (The more you stay off your feet, the less swelling you will have)
- Ice and elevation – Ice for about 20 minutes/hour
- TED Hose – These will help prevent swelling as well as help prevent blood clots
- Do not place pillows under your knees
- Crutches if needed, but you may get up as tolerated
- You may remove your TED hose and dressings and shower on day 2. Cover wounds with Press'N Seal (available at grocery store or pharmacy)
- Pain medications as needed
- Ibuprofen (2-4 over the counter pills 3x/day with food for the first 1 week) Stop if you develop any abdominal pain/ulcers
- Physical therapy on your own focusing fully bending and straightening the knee

#### Post-Operative Day #3-14

- Increase activity as tolerated – focus on home physical therapy
- Continue TED hose until office follow up
- Continue Ibuprofen as recommended
- Wean off of narcotics
- Wean off crutches and walk with no limp - take shorter steps if needed
- Continue ice and elevation, especially after activity

#### After first post-operative follow up:

- Resume activities as tolerated
- Continue ice/elevation as needed for swelling
- Driving generally is OK when off of all narcotics, and you have good strength of your leg
- Formal physical therapy is an option if needed

## Extension Exercises



### Heel Props

While sitting or lying down on your back, prop your heel of the affected leg up over a towel or roll, just beyond the lower calf.

**Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**



### Towel Pull

Sit with the affected leg fully extended. Wrap a towel around your heel. Hold the ends of the towel with one hand. As you pull the towel toward you, try to lift your heel off the table slightly. Push down firmly on your thigh to help stabilize the leg.

**Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**

## Flexion Exercises



### Leg Pulls\*

Pull one knee to your chest. Hold for 30 to 60 seconds. Return to the starting position. Repeat 2 times. Switch legs.

**Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**

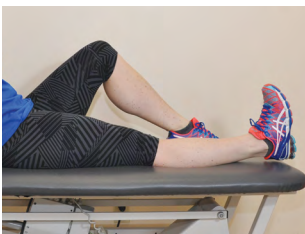


### Towel Pulls\*

Sit on the floor with your legs out and feet flexed forward. Place a towel around the heel of your injured leg. Pull the towel toward you, sliding your heel toward your buttocks. Keep the heel in contact with the floor. When you feel a stretch (tightness) in the knee, hold the position. Slide your foot back out.

**Hold this position for 30 seconds. Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**

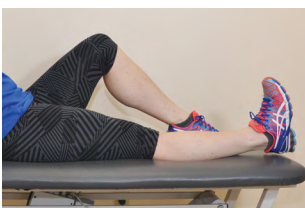
## Strengthening Drills



### Leg Raise\*

Sit on the floor with your affected leg straight, the other bent. Tighten the thigh muscles on the top of your straight leg. You should feel the muscles contract. Raise that leg 6 to 8 inches. Then lower it slowly and steadily to the floor. Relax.

**Do 3 sets of 10 repetitions 2 times a day.**



### Quad Sets\*

Sit against a wall with your injured leg out straight. Tighten your front thigh muscles and press the back of your knee down toward the floor.

**Hold for 10 seconds. Release. Repeat 5 times.**

**All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.**