



KNEE ARTHROSCOPY REHABILITATION

Days 0 to 7

Post-op recovery

Primary goal here is to allow wound healing and to decrease swelling. You will be able to go home the same day. On discharge, you will have waterproof dressings and pressure bandage on. You will be allowed to weight bear as tolerated with or without the help of crutches.

Take off your pressure bandage at 24 hours but leave your waterproof dressings on until your review in clinic 10 -14 days post-surgery. You can drive 24 to 48 hours after surgery.

Please email my team if you have any concerns about your wound or to confirm your appointment time.

Exercises (5 times a day)

- Knee straightening – ensure your knee comes out straight
- Knee bends – aim to bend your knee as much as possible
- Quadriceps activation

You can return to desk duties in 5 days post-surgery.

Weeks 1 onwards

See your physio for knee range of motion and quadriceps strengthening exercises. Once your knee bends to 90 degrees, time on stationary bike is recommended. You can consider returning to light duties at 2 weeks post-surgery if clearance given.

Week 4 onwards

If your quads are ready, you can commence running. Sport specific training is likely possible at 6 weeks. Return to manual labour / heavy duties will depend on the exact demands of your work and this can be discussed with your surgeon.

Overall rehab time is 4 months.