

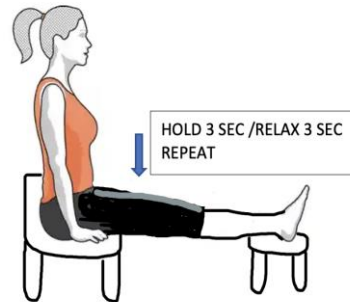
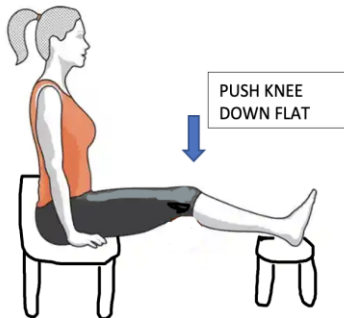
## Knee arthroscopy

Lean on a stick or a crutch for 1-2 days. Remove outer Bandage and cotton and reapply Bandage or Tubi-grip after 1- 2 days. You can use Ice-packs, if you want—put it on 15mins at a time, 4 times/ day.

Shower over the plastic dressings, reapply Bandage or Tubi grip once out of shower and dry. If they peel off, THEN re-apply fresh plastic Tegaderm ... supplied

### 1) MOST IMPORTANT EXERCISE— — STATIC QUADS----SEE BELOW

STATIC QUADS EXERCISE  
DO THIS FOR 1 HOUR A DAY MINIMUM  
IN 5MIN, 10 MIN OR 15 MIN BLOCKS. (PLEASE TIME IT, USE SOMETHING WITH AN ALARM)



### 2) Flexion exercises – bend your knee back and forward while seated for 5minutes, 4 times per day



TAKE VIT C TO REDUCE SCAR SENSITIVITY

TAKE ASPIRIN TO REDUCE RISK OF CLOTS

Pump your Ankle up and down, to promote circulation and reduce clots

Special exercises or instructions -----

Return to work and driving when you can easily move, stand and push on your operated limb, --this usually takes a few days. Practice on the car pedals with the car off first.

SEE me in two weeks at your appointment. We will add more exercises then.