

EXERCISE PROGRAM - POST - OP KNEE ARTHROSCOPY

1. QUADRICEPS ISOMETRICS - Tighten the muscle in the front of your thigh. Hold 5 seconds, relax, repeat. This can be done laying down, sitting, or standing. Do this exercise at least 30 times, 3 times a day. You cannot do too many.
2. STRAIGHT LEG RAISES - Lie on your back with your operated knee straight and the other leg bent. Keep the operated knee straight, tighten the front thigh muscle and raise up so that it is even with the opposite knee. Hold 5 second, relax. Repeat 30 times. When 30 times becomes easy, add another 1-2 pounds on your ankle and progress to 30 repetitions, etc. Do 2 times a day until you reach 3 pounds, then 1 time a day until you reach 5 pounds, then every other day until you reach 10 pounds.
3. TERMINAL KNEE EXTENSION - Lie on your back with a 12 inch bolster or pillow under your knees - keep your knee in contact with the bolster and raise the foot of your operated leg until the knee is straight. Hold 5 seconds, relax. Repeat 30 times. When 30 repetitions are easy, add 1 - 2 pounds on your ankle and progress again 30 reps. Continue to add 1 - 2 pounds every time 30 reps are easy until you reach 10 pounds. Do 2 times a day until you reach 3 pounds, then 1 time a day until you reach 5 pounds, then every other day up to 10 pounds.
4. TOE RAISES - Stand on the floor and raise yourself up on the tips of your toes. Hold 5 seconds, relax. Repeat 30 times, 3 times a day.
5. STATIONARY BIKE RIDING - 7-10 days after surgery; begin with the lowest resistance for 5-10 minutes, 1- 2 times a day. Gradually increase the duration to 20 minutes. Once 20 minutes is comfortable, increase the resistance slowly every other day until the point that the quadriceps muscle experiences some muscle fatigue towards the latter half of the exercise regimen. It is best to have pedals with toe clips so you can push and pull as you cycle.

PLEASE NOTE: Should any of the exercises result in marked increase in knee pain or swelling, discontinue the exercise, ice your knee for 20 minutes, and call your doctor.