

RITWIK KEJRIWAL

KNEE AND SHOULDER

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PATELLAR STABILISATION REHABILITATION

Days 0 to 14

Post-op recovery

Primary goal here is to allow wound healing and to decrease swelling. You will be staying in hospital overnight for pain relief. On discharge, you will have waterproof dressings and pressure bandage on, and your leg will be in a splint. You will be allowed to weight bear with the help of crutches.

Leave your waterproof dressings on until your review in clinic in 10 days post-surgery. Wear your splint when walking, but it can be taken off when in bed. Regular icing 2-3 minutes every hour is recommended.

Exercises (5 times a day)

- Knee straightening – ensure your knee comes out straight
- Gentle knee bends in bed
- Straight leg raises to activate your quads

Weeks 2 onwards

You will not require crutches or your splint from here on. You can commence driving as soon as you are off crutches.

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. Your quads will take **12 months** to build up.

You can consider returning to desk duties if clearance given, and light duties at 2 months post-surgery.

5 months onwards

If your quads are ready, you can commence sport-specific training and heavy duty at work.