

RITWIK KEJRIWAL

KNEE AND SHOULDER

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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 the help of crutches. You may be instructed to use a brace.

Take off your pressure bandage at 24 hours but leave your waterproof dressings on until your review in clinic in 10 days post surgery. You can drive one week after surgery if pain allows.

Please contact my team if you have any concerns about your wound.

Exercises (5 times a day)

- Knee straightening – ensure your knee comes out straight
- Knee bends – aim to bend your knee up to 90 degrees
- Quadriceps activation

You can return to desk duties in 2 weeks post-surgery.

Week 6 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. Light duties can be considered.

4 Months Onwards

If your quads are ready, you can commence running. Sport specific training is possible when running is comfortable. Return to manual labour / heavy duties can be considered.