



obermeyermd.com

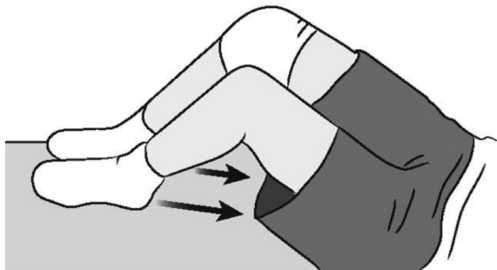
O: 847-285-4318

F: 847-885-0130

## Self-Directed Home Exercise Program Postoperative Exercises – Knee Arthroscopy

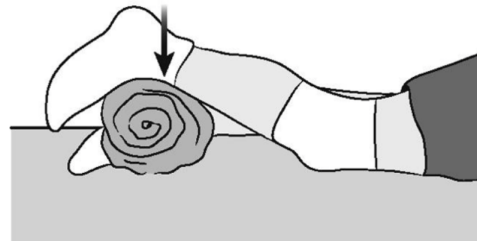
**Introduction:** Resuming full activity after knee arthroscopy requires resolution of swelling, regaining motion, cessation of surgical pain, and activation of your leg muscles. To expedite your return of function, exercises under the direction of a physical therapist, which include some listed below, are recommended. This program was adopted from the American Association of Orthopedic Surgeons' Patient Education series.

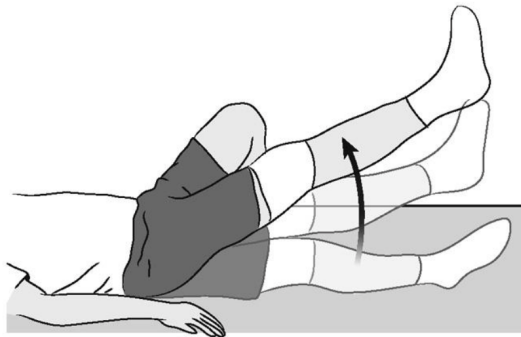
**Instructions:** You can perform these exercises daily in 20-30 minute sessions. You should proceed through the program in sequence, progressing to the next set if the prior set was not painful. Prior to exercise, heat on the knee and ice after may help. This program may be performed in conjunction with a walking regimen.



**Hamstring Contraction:** No movement needs to occur with this exercise. Lie or sit with your knees bent slightly as shown. Pull your heels into the floor, tightening the muscles on the back of your thigh. Hold 5 seconds and relax. Repeat 10 times.

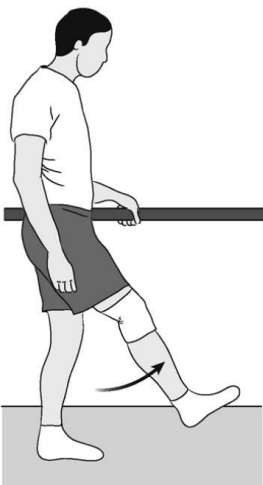
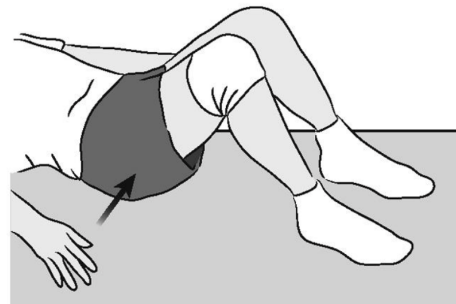
**Quad Contraction:** Lie on your stomach with a towel roll under the ankle of your surgical knee. Push your ankle down into the towel roll. Your leg should straighten as much as possible. Hold 5 seconds and relax. Repeat 10 times.





**Straight Leg Raises:** Lie on your back with your good knee bent. Straighten your surgical knee. Slowly lift your leg off the floor about 6 inches, and hold for 5 seconds. Continue lifting in 6 inch increments, holding each time. Reverse the procedure, returning to starting position. Repeat 10 times. If you have access to ankle weights, you can gradually add weights to a max of 5 pounds.

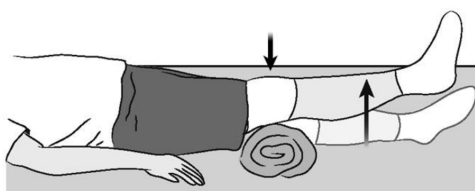
**Buttock Tucks:** While lying down on your back, tighten your buttock muscles. Hold tightly for 5 seconds, then relax. Repeat 10 times.



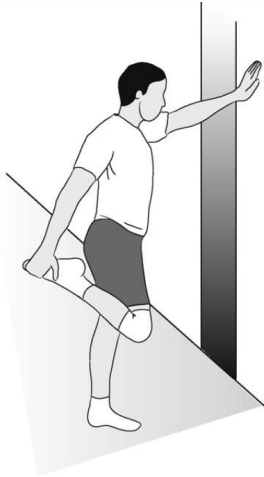
**Standing Straight Leg Raises:** Support yourself on a wall or rail if necessary. Slowly lift your surgical leg forward while keeping your knee straight. Repeat 10 times. If you have access to ankle weights you can add up to a maximum of 5 pounds.



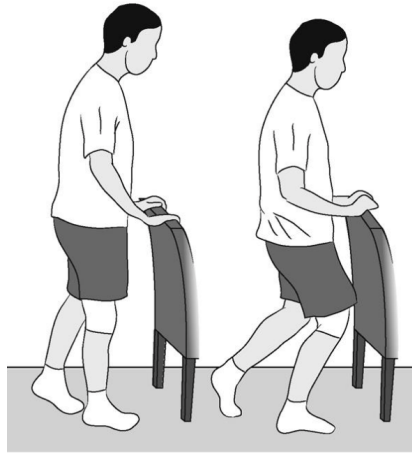
**Partial Squat:** Hold onto a sturdy chair or counter with your feet 6-12 inches away from the chair or counter. While keeping your back straight, slowly bend your knees. Do not go lower than 90 degrees. Hold 5-10 seconds and slowly return to starting position. Repeat 10 times.



**Supine Terminal Knee Extensions:** Lie on your back with a rolled towel under your knee. Straighten your knee (still supported by the roll) and hold for 5 seconds. Slowly return to starting position. Repeat 10 times. To add resistance, you can add ankle weight to a max of 5 pounds.

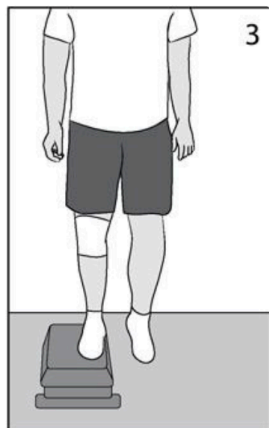
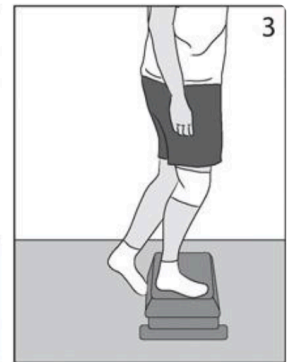
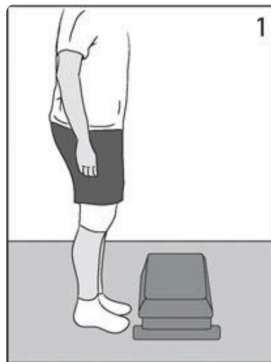


**(Advanced) Standing Quad Stretch:** This should be started when swelling resolved after 1-2 weeks. Standing with your surgical knee bent, gently pull your heel toward your buttocks, feeling a stretch in the front of the leg. Hold 5 seconds. Repeat 10 times.



**(Advanced) Single Leg Knee Bends:** Stand while supporting yourself on the back of a chair. Bend your normal leg with toes touching the ground. Slowly lower yourself, keeping foot flat. Straighten back to starting position and relax. Repeat 10 times.

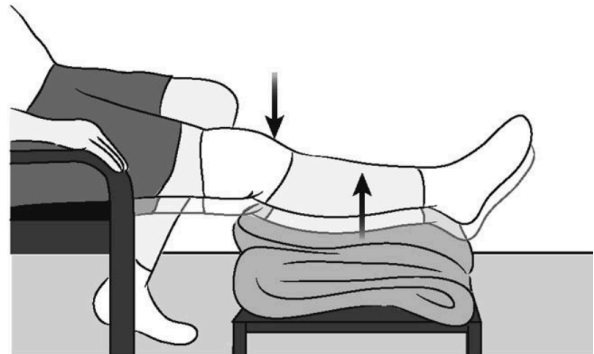
**(Advanced) Forward Step-Ups:** Step forward onto a 6-inch high footstool or platform, leading with your surgical leg. Step down, returning to the starting position. Increase the height of the platform as your strength increases. Repeat 10 times.



**(Advanced) Lateral Step-Ups:** While standing parallel to the side of a 6-inch high footstool or platform, step to the side onto the stool or platform, leading with your surgical leg. Step down, returning to the starting position. Increase the height of the platform as your strength increases. Repeat 10 times.



**(Advanced) Sitting Terminal Knee Extension:** While sitting in a chair, support your surgical leg heel and calf on a stool. Now straighten your knee, hold for 5 seconds, and slowly return to starting position. Repeat 10 times.



**(Advanced) Supine Hamstring Stretch:** Lie on your back and bend your hip, grasping your thigh just above the knee. Slowly straighten your knee until you feel tightness behind the back of your knee. Hold for 5 seconds and relax. Repeat 10 times.



**(Advanced) Supine Hamstring Stretch:** Lie next to a doorway with one leg extended. Place your heel against the wall. The closer you are against the wall, the more intense the stretch. With your knee bent, move your hips toward the wall. Begin to straighten your knee. When you feel the tightness, hold 5 seconds and relax. Repeat 10 times.



**(Advanced) Exercise Bike:** If you have access to an exercise bike, adjust the seat height so that the bottom of your foot just touches the pedal and complete a full revolution. As you become stronger, increase the resistance on the bike. Start pedaling 10 minutes a day a week or so after surgery and increase in 5 minute intervals each few days.