



**CORIEL
ORTHOPAEDIC
GROUP**

POST-OP

Knee arthroscopy

Postoperatively the patient has been informed that they will be unable to drive for approximately one week and can only drive when they are safe to do so.

There is no restriction in weight bearing but walking should be kept to a minimum and the knee should be exercised regularly to prevent stiffness.

Patients have been counselled about DVT and is aware of what signs to look out for, which is increased calf pain and swelling.

Gradually symptoms should subside and after two or three weeks, patients should be able to return to work and get back into normal activities.

Physical exercise is normally initiated around the three to four week mark, initially non-impact loading. By six to eight weeks most patients can do everything.

Occasionally symptoms do take three to four months to fully resolve, swelling in particular can persist.

ACL reconstruction

Postoperatively the patient will be non-weight bearing for two weeks

It is imperative that they follow the instructions of the physiotherapist closely.

Depending on whether or not there has been a meniscal repair they may have a brace to wear for six weeks.

The rehab is pretty slow for the first six weeks but working on active range of movement is important to prevent long term stiffness, particularly full extension of the knee.

After six weeks more physio is introduced but full running, outdoor cycling and swimming are normally delayed until after three months.

Sports specific training is often instituted around the five to six month mark with a view to returning to sports nine to twelve months post surgery, depending on assessment by the physiotherapist and in conjunction with your consultant.

Total knee replacement/Uni-compartmental knee replacement

Hospital stay is normally for one, two or three nights depending on how things progress.

Most patients go home on day two. The earlier movement is instituted the better the recovery will be.

For the first two weeks the patient is limited mainly to the house and garden.

After two weeks you can start venturing out a bit further and by six weeks the patient should be able to walk a mile or two.

Most of the recovery takes three months to complete depending on progress and at all times, it is very important to keep moving the knee, particularly working on fully straightening the knee and bending it further than the previous day.

The knee joint continues to improve for 12 to 18 months after surgery.