



Patient Instructions for Knee Sleeves

The neoprene knee sleeve is to be used for compression in the event of swelling following your knee surgery. Typically you should remove your bandage and soft dressings 3 or 4 days after surgery. The knee sleeve should then be thought of as a bandage to help with swelling. If the knee is not swelling then there is no need for the knee sleeve.

Usually after an arthroscopy the knee sleeve is needed for 7-10 days and it can often be used intermittently. If it is not swelling at night then it does not need to be worn at night.

Following knee reconstruction surgery, the knee sleeve is often needed for 6 weeks or more due to ongoing swelling. Once the bandages are removed icing the knee can be very helpful to reduce swelling. Anti-inflammatory medication may be prescribed as well.

The knee sleeve should be tried on for fit on the opposite knee before going home from the hospital. It should offer some compression without being over tight and it should not indent the skin.

When at home, if you are feeling that the knee sleeve is too tight then remove it and revert to a crepe bandage if necessary.

It is a good idea to remove the knee sleeve intermittently to see if the swelling is abated and to inspect the knee and also to clean the knee sleeve.

If you have any problems contact Kawana Hospital on 5413 9100

Knee Sleeves

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Mobilisation Protocol

Physiotherapy - Unless you have a chronic joint condition or unless arthroscopy was done for diagnosis only, the arthroscopic surgery should have improved the condition of your joint. Occasionally during arthroscopy, injury or disease will be discovered that cannot be treated adequately with arthroscopy alone. In order to achieve optimal recovery, an extensive amount of work with the supervision of a physiotherapist is necessary. The final result that you achieve is greatly dependent upon the amount of rehabilitative effort you make. This will be discussed at the time of your first follow-up visit to the office. Physiotherapy should start within the first week after surgery.

Activity - Crutches are usually not necessary for walking after arthroscopy but they may be necessary for comfort. You may place weight upon your surgical leg when comfortable. Active motion and tightening of the quadriceps muscles (muscles on the front of the thigh) should start the day of surgery. A twice daily exercise session for 15 minutes which would include motion and muscle contractions should be continued for at least 3 weeks at home following the surgery. Jogging or running should be deferred until your muscles have restrengthened. If a severe arthritic condition exists within the knee, then crutches will be necessary, and additional modifications of activity will be recommended. If deep stitches were placed within the joint or the kneecap, a brace will be necessary to limit knee motion for several weeks

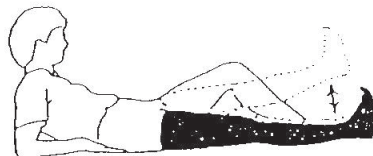
Relieving Pain - Do not dangle your leg for long periods of time. Elevate your knee above heart level to reduce swelling and pain. Ice and rest can also help. During the first two days after arthroscopy, apply ice to your knee for 20 minutes, 3 times a day. Depending on your needs, a physiotherapist can design a personalised exercise program to help improve your muscle strength and joint function.

What Exercises To Do

Building up the muscles that support your knee and improving joint mobility are the best ways to speed recovery. The following exercises are recommended and are to be done lying flat on your back.

The following exercise should be performed twice daily for 30 mins each time.

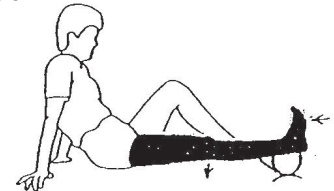
STRAIGHT LEG RAISES - Lift your leg 30cms, keeping your knee straight. Hold for 5 seconds, then lower your leg slowly back to the ground.



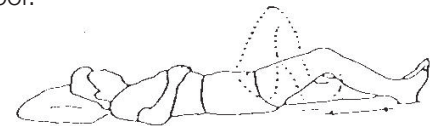
KNEE FLEXION (BENDING) SITTING - Sit over the edge of the bed or on a chair and bend your knee back as far as you can. Hold for 5-10 seconds.



QUADRICEPS SETS - Tighten your front thigh muscles (quadriceps), pressing your knee toward the floor. Hold for 5 seconds then relax.



HEEL SLIDES - Bend your knee and slide your heel toward your hip as far as you can. Hold for 5 seconds and then slide back down until your knee touches the floor.



INNER RANGE QUADRICEPS - Place a rolled up towel under your knee and straighten your leg so that your heel lifts off the bed. Your knee should remain on the towel. Hold for 5-10 seconds

