

## Patient information factsheet

# Exercises following a knee arthroscopy

Try to complete the exercises at least three times daily.

Keep your leg elevated (up) to decrease swelling.

Apply ice, wrapped in a pillowcase or tea towel, to your knee for ten minutes every hour.



1. Lie on your back, bend and straighten your leg, sliding your heel towards your bottom.

Repeat 15 times.



2. Lie on your back, pull your toes towards you and brace your knees down firmly against the bed.

Hold for ten seconds and repeat 20 times.



3. Lie on your back with a rolled up blanket underneath your knee.

Push your knee down into the blanket and lift your heel off the bed. Hold for ten seconds and repeat 15 times.



4. Sit and bend your knee as much as possible and then straighten it.

Repeat 15 times.



5. Lie on your back and pull your toes towards you, tighten the muscles on the front of your thigh to straighten your knee. Lift the leg off the bed by approximately 20 cm.

Repeat ten times.



6. Sit down, resting your foot on a coffee table so the knee is unsupported. Let your leg straighten as much as possible.

Rest in this position for five minutes.

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7. Stand holding onto a supportive surface then bend one knee and take hold of your ankle.

Draw your heel towards your buttock and push your hip forwards so that your knee points to the floor. Feel the stretch in the front of your thigh.

Hold for 30 seconds and repeat three times.



8. Lie on your back with your leg up and keep your knee as straight as possible until you feel a stretch in the back of your leg.

Maintain this position by supporting your leg with your hands behind your thigh.

Hold for 30 seconds and repeat three times.



9. Stand up holding onto a supportive surface, then stretch one leg behind you, keeping your knee straight and your foot flat on the floor.

Gently lean forwards until you feel a stretch in your calf muscle.

Hold for 30 seconds and repeat three times.

Progress to these strengthening exercises once your pain and swelling have settled.



10. Sit on a chair, pull your toes up, tighten your thigh muscle and straighten your knee.

Hold for ten seconds then relax your leg back down. Repeat ten times.



11. Step up ten times with one leg leading and then repeat with the other leg leading.



12. Stand holding onto a supportive surface then bend your knee, bringing your foot up towards your bottom.

Hold for 10 seconds and repeat ten times.

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13. Sit with your arms crossed. Stand up and then sit down slowly on a chair. This can be made easier and harder by changing the height of the chair.

Repeat ten times.



14. Stand next to a supportive surface and try to maintain your balance on one leg.

Hold for 30 seconds.

## Further information

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