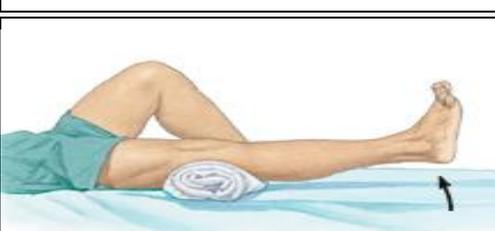


Knee Arthroscopy Exercise Program (For Use After Surgery)

These exercises are important to strengthen muscles to improve knee movement as well as for increasing circulation to legs and feet to prevent blood clots. The exercises may feel uncomfortable at first but they will speed recovery and reduce postoperative pain. These exercises should be done lying down on back with legs spread slightly apart.

	<p>Ankle Pumps: Slowly push your foot up and down. This exercise can begin immediately after surgery and continue until you are fully recovered.</p> <p>___ Sets Times ___ Repetitions ___ A Day</p>
	<p>Quad Sets: Lie on your back with your legs straight. You may have your non-operative leg with knee bent and foot on the bed. Tighten the top of your thigh by pressing the back of your knees into the bed. Hold the contraction for 5 to 10 seconds.</p> <p>___ Sets Times ___ Repetitions ___ A Day</p>
	<p>Straight Leg Raises: Lie on your back with your legs straight. You may have your non-operative leg with knee bent and foot on the bed. Tighten your thigh muscle with your knee fully straightened on the bed. As your thigh muscle tightens, lift your leg several inches off the bed. Hold for 5 to 10 seconds. Slowly lower the leg back down to the bed.</p> <p>___ Sets Times ___ Repetitions ___ A Day</p>
	<p>Short Arc Quads: Lie on your back with your legs straight. Place a towel roll under your knee. Straighten your knee by lifting your heel off the bed while maintaining contact with the roll. Hold 5 to 10 seconds. Slowly lower the leg back down to the bed.</p> <p>___ Sets Times ___ Repetitions ___ A Day</p>
	<p>Heel Slides: Lie on your back with your legs straight. Slide your heel toward your buttocks, bending your knee and keeping your heel on the bed. Do not let your knee roll inward or outward. A sliding surface such as a flat board, the floor or firm mattress will help when doing this exercise.</p> <p>___ Sets Times ___ Repetitions ___ A Day</p>

Questions

Questions about these exercises should be directed to:

- VA Helpline Available 24 hours 7 days a week.
- Toll Free Telephone Number is 1-866-482-7488.

Source of Information

http://orthoinfo.aaos.org/booklet/view_exercise.cfm?Thread_ID=16&topcategory=Knee American Academy of Orthopaedic Surgeons Knee Replacement Exercise Guide, 2000

<http://www.healthsystem.virginia.edu/internet/orthopaedics/hipexer.cfm> University of Virginia HealthSystem Orthopaedic Surgery, 2005

<http://v4.kramesondemand.com/HealthSheet.aspx?id=85963&ContentTypeId=3> VAPHS Krames On-Demand Healthsheet, 2006

<http://v4.kramesondemand.com/HealthSheet.aspx?id=85965&ContentTypeId=3> VAPHS Krames On-Demand Healthsheet, 2006