Recovery After Knee Arthroscopy

Congratulations on your knee arthroscopy! This leaflet outlines your recovery process, which may vary based on the specific procedure you underwent, such as menisectomy, meniscus repair, or treatment for cartilage problems. Follow these guidelines to ensure a smooth recovery.

Phase 1: Acute Recovery (Days 1-14)

Goals:

- Pain Management
- Swelling Control
- Initial Mobility

Key Points:

- **Pain Management:** Take your analgesia as prescribed to manage pain effectively.
- **Swelling Control:**
  - Elevate your leg and use ice packs on the knee (avoid direct contact with the skin) to minimize swelling.
- **Mobility:**
  - Your weight-bearing status may vary based on the procedure. Your surgeon will provide specific instructions regarding weight-bearing and mobility.
  - If a meniscus was repaired or cartilage defects treated, you may need to restrict weight-bearing (e.g., using crutches) and/or limit knee movement (e.g., using a brace).

Phase 2: Early Rehabilitation (Weeks 2-6)

Goals:

- Improve Mobility
- Begin Strengthening Exercises

Key Points:

- **Weight-Bearing Status:** Follow your surgeon's instructions regarding weight-bearing, which may vary based on your specific procedure.
- **Mobility Exercises:** Start gentle range-of-motion exercises as advised by your physiotherapist.
- **Strengthening:** Begin to strengthen the muscles around the knee as tolerated, while respecting any movement restrictions.

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Phase 3: Advanced Rehabilitation (Weeks 6-6 Months)

Goals:

- Full Range of Motion
- Enhance Strength and Function

Key Points:

- **Full Mobility:** Aim to regain full range of motion in your knee.
- **Strengthening Exercises:** Continue strengthening exercises for the quadriceps and hamstrings, focusing on functional movements.
- **Activity Progression:** Gradually return to your normal activities, avoiding high-impact activities until cleared by your surgeon.

Final Tips:

- Generally, VTE prophylaxis is not required if you are fully weight-bearing on the leg.
- Listen to your body and adjust activities based on your comfort level.
- Stay consistent with your exercises and follow up with your healthcare provider for ongoing assessments.
- Don’t hesitate to reach out to your healthcare team with any concerns or questions during your recovery.

Contact Information: If you have any questions, please contact our office

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