

General physiotherapy instructions after Meniscectomy

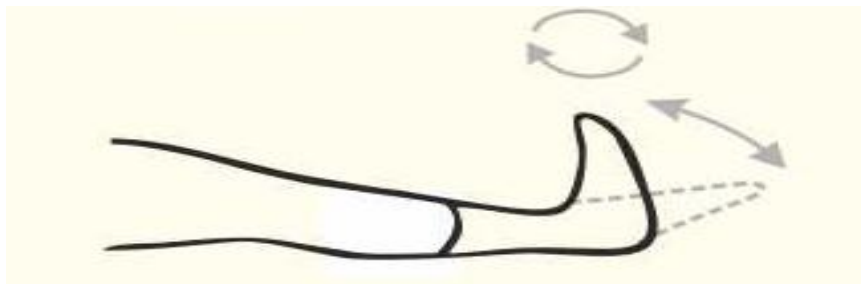
For a successful outcome of surgery, rehabilitation exercises are of utmost importance. These have to be started from the day following your surgery and are gradually modified as your recovery progresses.

General instructions

- Recovery depends on the nature of problem you had and type of procedure performed.
- Each individual responds differently to surgery
- Don't compare your recovery with other patients
- Exercises should be performed without any jerky or abrupt motion
- Bathing – Do not wet the operated area. After stitch removal, you may take bath/shower freely

POST OP DAY 0

1. Do ankle toe pumps exercise after every 2 hours. Remember to bend your ankles up and down



2. R.I.C.E.

R – Rest I – Ice C – Compression E - Elevation



POST OP DAY 1

1. Keep on repeating the Ankle toe pump exercise ater every 2 hours.
2. Keep on regularly Icing the operated knee

Do 10 reps of each of the following exercises twice daily

3. Isometrics Quads



Slowly tighten muscles on thigh of straight leg. Try to straighten your knee. Hold for 5 to 10 seconds.

4. Static Hamstring



Press the towel below your heel, hold for 5-10 seconds and then relax

5. Assisted Hip Abduction



Keep your toes pointed towards ceiling. Move your leg out to the side as far as possible . slowly return to the starting position and relax.

6. Heel Slides



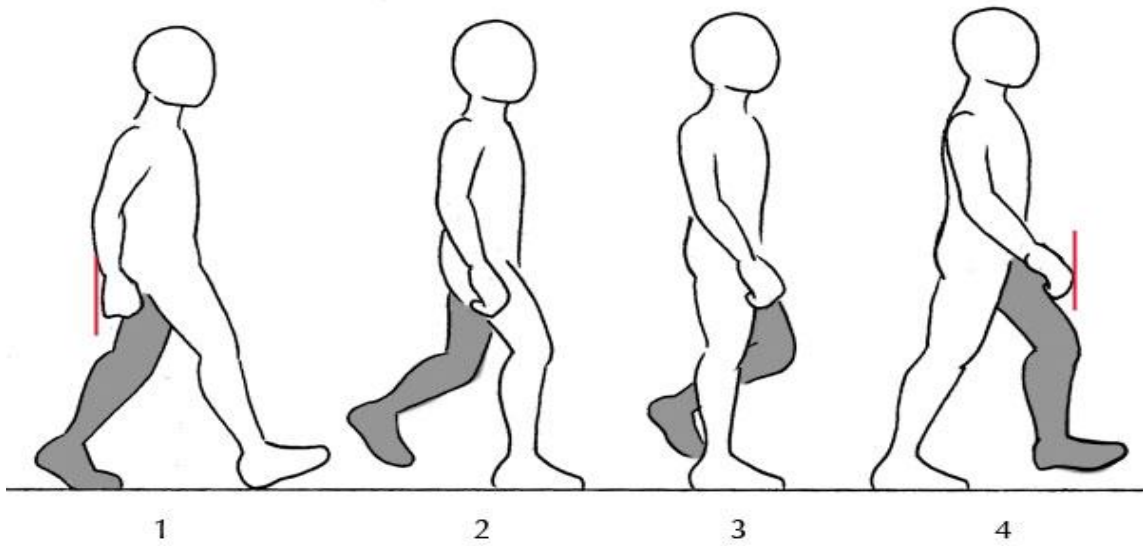
Bend knee and pull heel towards buttocks upto 30 degrees

7. Active assisted Straight Leg Raise Lift



8. Walk normally without any hesitation

- Walk 3-4 times in a day
- Take small steps when turning, do not twist on operated leg



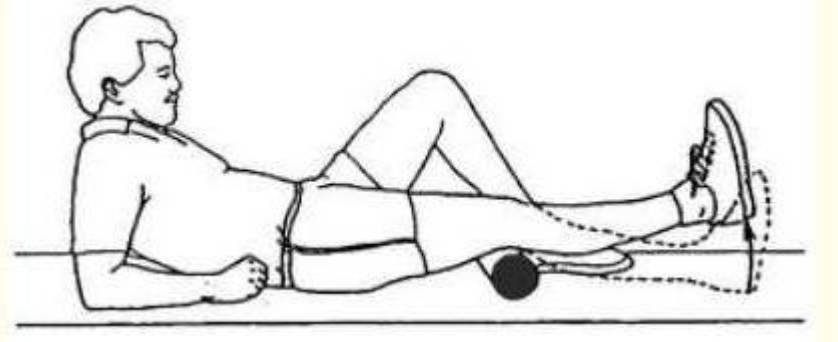
OR

9. If feeling unbearable pain, you can use a tripod stick for walking

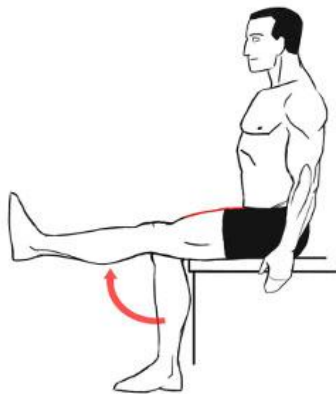


POST OP DAY 2

1. Follow same as above exercises twice daily
2. VMO exercises



10. Long arc quads



AFTER 4 WEEKS

1. Continue same exercises as advised
2. Wall Slides

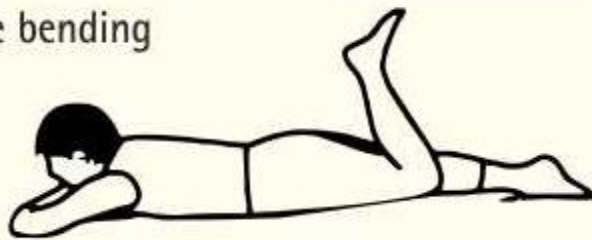


3. Single step up and down

4. Stair climbing/descending (Go with Good/Come with Bad)

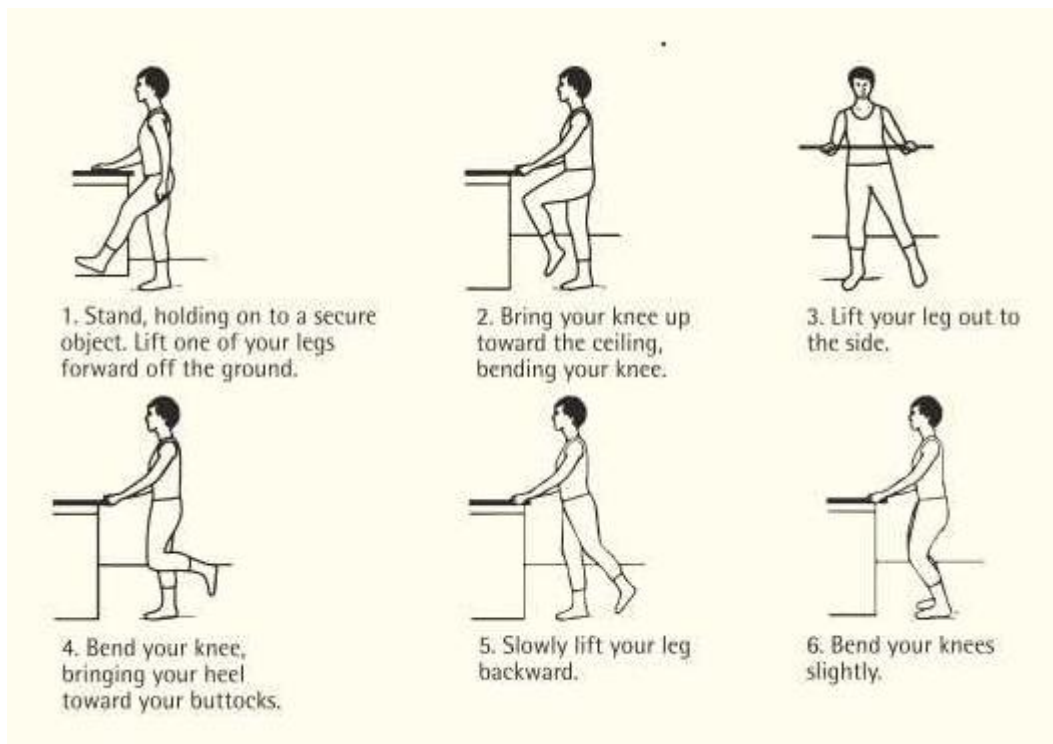


Prone knee bending



5.

6. Standing exercises



7. Cycling



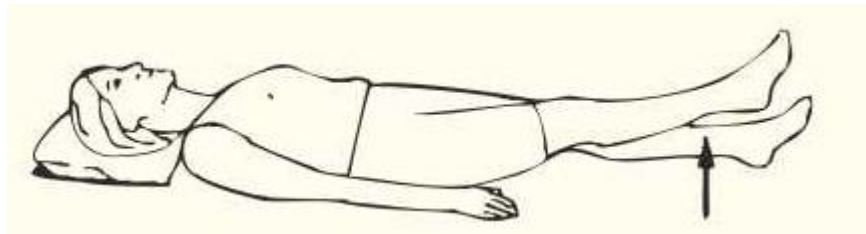
RETURN TO WORK

1. Sedentary office work can be resumed in 4 weeks
2. If in sales or one that involves touring, you may take 6 weeks to return to the job

4 WEEKS AND ABOVE (RESISTIVE EXERCISES)

Tie a light, ½kg to 1kg initial weight cuff around ankle and do...

1. Leg extensions with straightening the knee completely in sitting
2. Straight leg lift



3. Leg press against wall
4. Back curl in standing
5. Can resume gym for upper limb
6. Leg press
7. Other exercises like cycling with resistance, swimming can be gradually resumed and sports participation can be started once you have regained strength and range of motion in operated leg