

## FAQ - Knee Arthroscopy

### **Q: When can I shower?**

A: The physical therapist will change your dressing the day after your surgery and replace it with a waterproof dressing. You will be able to shower at that time.

### **Q: When can I begin to put weight on it?**

A: You may begin putting weight on the leg immediately after surgery as tolerated unless otherwise indicated by your physician. In some instances (such as chondral defects) crutches may be needed for assistance the first few days.

### **Q: How much walking and standing on it can I do?**

A: You may walk and stand as much as you are comfortable with. Follow the general rule of thumb of getting off of it as soon as any increased swelling or discomfort is noted. Use common sense as a guide, listen to what your knee is telling you and do not ignore it. Make a conscious effort to walk as naturally as possible. Allow the knee to straighten as fully as possible. Avoid kneeling, squatting, and twisting movements.

### **Q: How far can I bend my knee?**

A: As far as you can without causing increased discomfort or pain.

### **Q: When do I start exercising/therapy? When do I start formal therapy?**

A: The day after surgery you will begin some very basic exercises to be performed at home 3 times/day to assist in regaining your motion, reducing swelling, and restoring muscle control. Formal therapy typically begins 24-72 hours from time of surgery with attendance 3 times per week for approximately 3-6 weeks. This may be less in some individuals.

### **Q: How often and how long should I use ice packs?**

A: You should utilize ice packs for the first few weeks to reduce pain and swelling. Cycle ice on and off no more than 20 minutes out of every hour. You will start this after your dressing change on day #1.

### **Q: When can I begin to drive?**

A: At approximately 1-3 days from time of surgery on the average. The criteria for driving is as follows:

1. Once you are no longer taking the narcotic pain medications during the day
2. 90 degrees of bend to ensure ability to transition from brake to gas pedal
3. Able to transition to and from brake and gas safely with the ability to apply significant pressure.
4. Demonstrated adequate strength as determined by your therapist and/or your physician

### **Q: When can I go back to work?**

A: Depending on whether or not light duty/transitional duty is available, you could return as soon the next day after surgery. If your occupation requires prolonged standing, walking, or squatting? Then as soon as you are able to perform your job specific duties safely.

### **Q: When will I be able to begin jogging?**

A: Approximately 3-4 weeks from the time of surgery provided the quadricep strength is no less than the uninjured side, full ability to straighten the knee is regained and no significant swelling.

### **Q: When will I be able to return to sports, conditioning and recreations?**

A: Depending on the type of activity, you could return in as little as 2 weeks from the time of surgery, typically by 2-3 weeks if a non-contact sport (i.e. golf). Possibly 4-6 weeks if a contact sport (i.e. football, soccer). Your physical therapist/physician will help determine return to sport.

Criteria for return to activities is as follows:

1. Strength 80% of uninjured leg
2. No swelling
3. Full Range of motion
4. Passing of agilities test