

Dr Coll's Knee exercises after Surgery

If you **do not have a knee brace** (see image), you can follow these instructions:



Day 1:

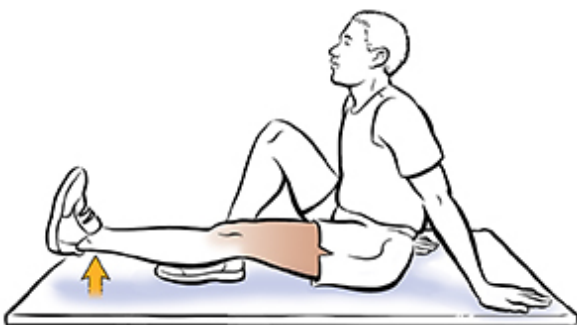
1. The first priority is to stop taking your pain relief. You need to be able to feel if you are doing too much.
2. You can take all your weight on your knee and walk normally. Concentrate on placing your foot correctly.
3. You can work on getting your knee fully straight first.
4. Start with walking on flat surfaces, before inclines and stairs. Start with walking around the block, so it's not too hard to get home if you have pain.

Day 7:

If you have persistent swelling, you might need to try to walk less and rest your knee. Likewise, if you have persistent pain, try to rest.

1. Squats - it is important to do a small, shallow squat first before you do a deep squat. If your knee is swollen, it will be hard to squat and your knee will feel tight. You can do a shallow squat to the limit of your knee and repeat this as often as you want. It is ideal to wait until your swelling improves before you do too many repetitions.
2. Stairs - you can try stairs, be careful going down stairs - it is good to hold on to the rail until your muscles are strong again. Concentrate on your foot position, and on the leg on the top stair - it is the one doing all the work. Use your muscles to pull yourself up the stair. It is best to start with undulating, rolling hills before stairs.
3. Swimming - freestyle is helpful but you need to try to control your muscles and avoid flicking your leg too hard. Breast stroke is the best muscle strengthening stroke.

4. Strength - you can build strength with your Physiotherapist's supervision. You should lock your knee straight and lift it off the bed (it doesn't have to go very far) - without using your hand. If you can hold it in the air, try and see how long you can hold it, and then rest it once it starts shaking. You can do as many repetitions as you want.



Week 6:

You are welcome to walk as far as you want. You can try jogging, but watch out for swelling afterwards (drop your distance and try again after 2 days) and if it is painful, slow down or stop. Avoid jogging on uneven ground, and watch your foot placement.

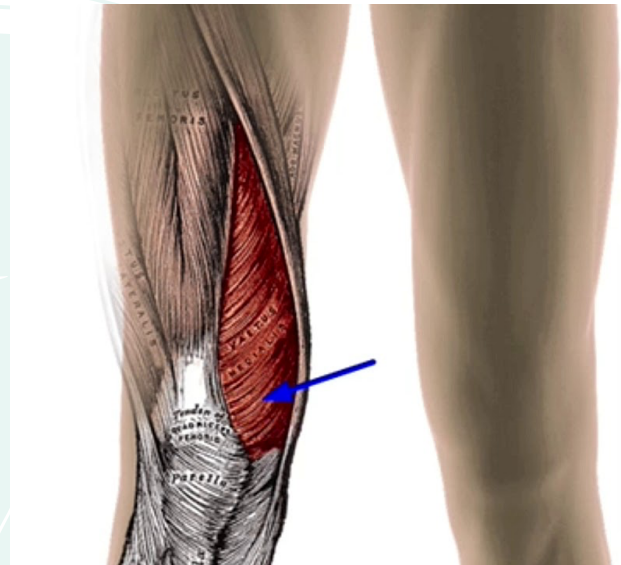
You can do strength training at the gym - avoiding pain, and doing very light weights at first, with very good form. You may need an exercise physiologist to check your form, or an experienced trainer. You may need a spotter for heavier weights because your knee can give away unexpectedly.

3 months:

You can return to sport, but it is important to have return of your muscle strength before you compete. You can ask Dr Coll to check, or your Physiotherapist - but you need to have a good muscle bulk on the inside of your knee.

You can return to pivot at 3 months.

You should start with sport-specific activities to ensure your reflexes have returned before you play a game. The longer you have been away from the sport, the longer you will need to build your reflexes and improve your reaction times.



Sarah Coll.