

# SIMON W. YOUNG

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## ARTHROSCOPIC KNEE SURGERY WITH MICROFRACTURE Post-Operative Care

### 1. WOUND CARE

After the surgery you will have a padded crepe bandage on your knee, you can remove the bandage 48 hours after the surgery.

Under the bandage there are two waterproof dressings covering the small incisions, these should be left on and kept dry. Showering is okay but not soaking in the bath. It is expected to have some blood ooze on the dressing. If a dressing falls off or gets wet, you can replace it with any simple dressing including a band aid.

The sutures used are absorbable. After 12-14 days the dressings can be removed and let the adhesive strips (steristrips) peel off. After 2-3 weeks when the wounds are completely healed you can swim/bath again.

### 2. PAIN & SWELLING

It is expected to have some discomfort and swelling in the knee in the first few weeks after surgery. Elevation and icing (10 minutes, three times a day) can help control swelling in the first 72 hours following surgery. Take your pain medication (script provided) regularly. Avoid standing for long periods of time during the first week.

### 3. WALKING & ACTIVITY

You will be asked to **'touch down' weight bear** on the affected leg for 6 weeks. This means using two crutches to mobilise, touching the affected leg to the floor is okay but **no weight** should go through it. This protects the microfracture clot from dislodging.

You can however start using an exercycle soon after surgery, with **little to no resistance**. Aim to spend 20-30 minutes per day on the bike. The controlled movement on a bike stimulates the microfracture clot to turn into cartilage.

The return to work depends on the nature of the work you do. As you will be on crutches for 4-6 weeks it is difficult to drive during this time. A medical certificate will be provided.

## FOLLOW UP

Wendy will typically arrange a follow up appointment 4-6 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please  
**phone 09 521 9849 or email [ortho@axissportsmedicine.co.nz](mailto:ortho@axissportsmedicine.co.nz)**

After hours or if the query is urgent you can contact  
**Simon Young on 021 616 183 or email [simon.young@auckland.ac.nz](mailto:simon.young@auckland.ac.nz)**

# PHYSIOTHERAPIST QUICK NOTES

## Arthroscopic Knee Surgery with Microfracture

### WEIGHT BEARING

#### WEEK 0-6

TWB only with 2 crutches

#### AFTER WEEK 6

WBAT

### ROM

#### WEEK 0-6

Active and passive ROM 0-90 degrees

#### AFTER WEEK 6

Full ROM as tolerated

### EXERCISE

#### STARTING IMMEDIATELY POST-OP

Quad Sets  
Straight Leg Raises  
Patella Mobilisations  
Ankle Pumps

#### START WHEN ABLE

Stationary Bike (starting at low resistance and with seat high)

#### AT 6 WEEKS ADD

Progressive Resistance exercises from 0 - 90°  
Wall sits < 90 degree knee bend  
Leg press, single leg squat, lunges: 0-90 degrees  
Swimming

#### AT 3 MONTHS

Light jog/walk progressions  
Plyometrics

#### AT 5 - 6 MONTHS

Hard Running  
Agility maneuvers  
Functional Sport Specific Drills

Many thanks for your help with the rehabilitation. If you have any concerns or would like to modify the protocol for an individual patient, please feel free to contact me anytime.

**Phone 021 616 183 or email [simon.young@auckland.ac.nz](mailto:simon.young@auckland.ac.nz)**