Knee microfracture Arthroscopy
A post operative guide for patients

What is an arthroscopy?

An arthroscopy is where the surgeon performs a small cut in the skin and inserts a special telescope, attached to a video camera, into your knee joint (key-hole surgery). This gives a clear image of what is happening inside the joint.

What is micro-fracture?

Micro-fracture is when tiny holes are made surgically into the bones of the knee. This allows the cartilage to reform (although weaker than normal).

Recovery after surgery

Your knee will feel painful and swollen after arthroscopy. This is normal. It is important to be aware of your pain level. Take your pain relief regularly, as prescribed by the hospital. An appointment will be made for you to see a member of the lower limb orthopaedic team in three to six weeks time.

Walking

You must remain non weight bearing (or minimal weight bearing) for up to six weeks as directed by your consultant. You will be supplied with crutches and instructed on how to use them.

Ice

Your knee will feel warm and swollen. Use an ice pack on your knee for 20 minutes to help ease these symptoms. Never put ice directly on your limb; wrap the ice in a damp towel first. Do this every two to three hours, until the swelling has gone down.

Physiotherapy

Most people will need a course of physiotherapy after surgery. An appointment will be arranged if necessary. If you need help with any of the exercises, or general advice, contact the Physiotherapy Department on 0191 445 2320. Please state you have had a microfracture of the knee.
Exercises

It is important to start exercising to keep your thigh muscles strong and get full movement after surgery. These should be started on the day of surgery as soon as you feel well enough. It is normal to experience additional discomfort whilst doing these exercises and for up to an hour afterwards. Try taking your pain medication before exercising and using an ice pack afterwards.

These exercises should be completed every two to three hours

1) Sit up in bed or on the sofa with your legs straight out in front of you. Straighten the knee you have had surgery on by tightening the thigh muscles. Hold for 10 seconds—slowly relax. Repeat 10 times.

2) Now straighten the knee again. This time lift the leg 20cm (6-8”) off the bed, keeping the leg straight. Hold for five seconds, and then lower the leg slowly. Repeat five times.

3) You must get back your knee movement so that it does not become tight or painful. This should be done passively (using the muscles in the other leg to control the movement) Sit on a chair, use the other leg to control the operated leg, straightening and bending the knee 50 - 100 times.

Rehabilitation and Exercises

Perform the exercises overleaf every two to three hours, you will be checked by a member of the physiotherapy team two to three weeks after the operation to progress the exercises. If you have not received a physiotherapy appointment by then please contact us on the number below.
Driving
You should not drive for at least 6 weeks. You can drive when you feel safe to do an emergency stop. You must tell your insurance company that you have had a knee arthroscopy. If in doubt, contact your Consultant, physiotherapist or GP.

Work
You can return to work after discussion with your consultant, physiotherapist and or GP, it may be two to three months depending upon the physical activity involved in your job.

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<tr>
<th>Telephone numbers</th>
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<tr>
<td>During the hours of 8am -8pm contact the Day Surgery Unit, North East NHS Surgery Centre, Queen Elizabeth Hospital</td>
<td>0191 445 3009</td>
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<tr>
<td>During the hours of 8pm -8am contact Level 1, North East NHS Surgery Centre, Queen Elizabeth Hospital</td>
<td>0191 445 3004</td>
</tr>
<tr>
<td>During the hours of 8am -4:30pm contact the Physiotherapy Department (answer machine out of hours)</td>
<td>0191 445 2320</td>
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<td>Please state you have had a microfracture of the knee</td>
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<tr>
<td>Main switchboard</td>
<td>0191 482 0000</td>
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Data Protection
Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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