



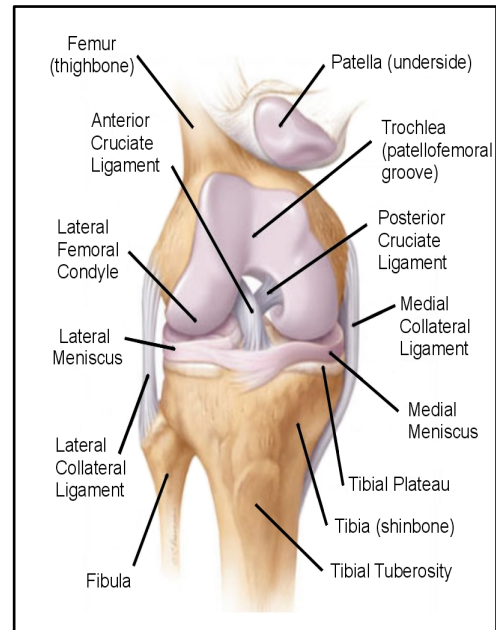
ARTHROSCOPIC KNEE SURGERY



What is arthroscopic knee surgery?

Arthroscopic knee surgery is a common surgical procedure in which the knee is viewed using a small camera. Arthroscopy gives doctors a clear view of the inside of the knee to diagnose and treat knee problems. It is most commonly used to:

- Remove loose fragments of bone or cartilage
- Remove or repair of torn meniscus
- Fix a torn anterior or posterior cruciate ligament
- Fix medial or lateral collateral ligaments
- Trim articular cartilage
- Remove inflamed synovial tissue



What do the components of a normal knee do?

- Femur and tibia – the two bones of the joint
- Meniscus – shock absorbers between femur and tibia
- Anterior and posterior cruciate ligaments – prevent the bones from sliding forward or backward
- Medial and lateral collateral ligaments – prevent sliding side to side
- Articular cartilage, synovial tissue and bursa – help knee move smoothly and absorb shock

How does physical therapy help after knee surgery?

- Guiding patient back to prior level of function while following surgeon protocol and guidelines
- Gradual stretching and strengthening
- Balance and gait training - weaning off assistive devices
- Manual therapy - passive motion, stretching, massage, mobilization
- Modalities - electrical stimulation, cold laser therapy, ultrasound
- Aerobic exercise - bike, walking, swimming
- Safe return to sport and work