

WHAT IS IT?

Arthroscopy is the exploration of the joint through a minimum incisión, using a micro-camera that visualizes the joint and allows to repair possible injuries, in this case meniscal injury.

CARE:

- Avoid going up and down stairs.
- Avoid manipulating and wetting the bandage.
- Do not put anything under your knee when lying or sitting.
- Maintaing relative rest with the extremity up at least first 72 hours.
- It is frequent and should not worry if:

- a. Have torlerable pain that calms down with the prescribed analgesia.
- b. Have slight inflammation of the area.
- c. Small patches of blood come out in the bandage.



- When leaving the hospital you should request an appointment for consultation with your specialist within approximately 2 weeks.
- Take the medication as directed at discharge. If you have a relatively sedentary job, and you believe that you could join your job before being seen by the specialist, consult your family doctor about the possibility of a job.
- Wear thick-soled footwear that absorbs the force of the impact of the foot against the ground when walking. DO NOT wear shoes with high heels.
- It is preferable to use a flat shoe or with a light heel. The shoe should be comfortable, firm and with good cushioning (rubber sole).

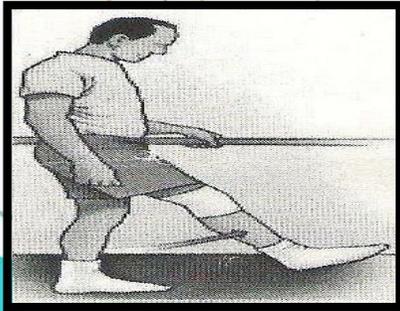
- ✚ You will go to the emergency department of the hospital with the following warning signs:



- **Severe pain that does not subside with the medication indicated in the discharge report.**
- **Swelling in the leg.**
- **Bad smell under the bandage.**
- **Fever of more than 38°C.**
- **Bluish coloration on the extremity.**

INITIAL EXERCISE PROGRAM

- Try to perform the exercises every day according to the pain tolerance that is provided below:



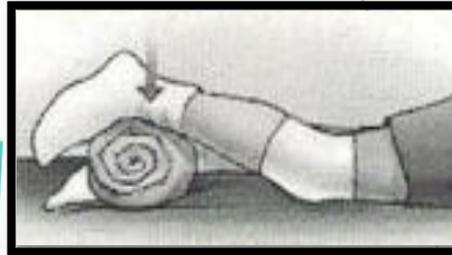
- Standing, extended leg raising without bending the knee, 10 times.

- Lie down or sit with your knees bent without moving about 10 degrees.

- Press the heels against the floor, contract the muscles of the back. Hold the tension for 5 seconds and then relax. Repeat 10 times.

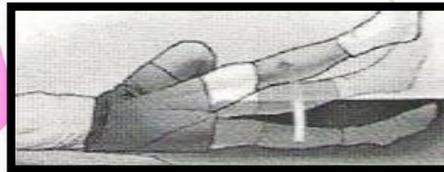


- Press the ankle on a towel and keep the leg as extended as possible, repeat 10 times.



- Elevation with extended leg, 10 times.

- Raise the leg about 10 cm and hold on for 5 seconds, continue raising the leg another 10 cm and return to the initial position.



- Partial squat, with chair, 10 times. DO NOT LOWER more than 90° and keep your back straight..



RECOMENDATIONS (MEDICAL RELEASE)

KNEE ARTHROSCOPY (MENISCECTOMY)



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