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KNEE MANIPULATION UNDER ANAESTHESIA (MUA)

Physiotherapy following manipulation of the knee helps to optimize movement, maximise muscle strength, and improve mobility.

MOBILITY

Keep walking to a minimum for the first 2-3 days. The main priority is to give the inflammation caused by the manipulation an opportunity to settle. Regular icing, elevation, and specific exercises are the most important thing during this time.

You can usually become more active thereafter, gradually returning to your pre-manipulation level of mobility, monitoring your knee for swelling and pain, and adjusting distance accordingly.

Your surgeon or physiotherapist may recommend the use of crutches to reduce strain on the knee initially. If you do not take crutches from the hospital, but later find walking painful, you can organize some crutches through a local pharmacy.

When walking with crutches, unless specified by your physiotherapist, you can take as much weight on your operated leg as is comfortable (unless instructed otherwise).

If comfortable you can use a single crutch held on the opposite side to the leg you are trying to protect.

You can progress yourself from the crutches when you feel comfortable to do so. This is usually when pain has settled to a manageable level, when you can walk without a limp, and are feeling confident.

When going up stairs- good leg first, then operated leg, then crutches (if used);
When going down stairs- crutches first (if used), then operated leg, then good leg

GENERAL ADVICE

Apply an ice pack to your knee for **20-30 minutes, 6-8 times a day (minimum)** (after the exercises and any longer walks) for the first week post-operatively.

Keep your leg **elevated** wherever possible for the first week, and try to rest with your knee completely straight at some stage through the day.

EXERCISES

The following exercises help to maintain circulation, strength and flexibility. Try to perform them **every 2-3 hours**, starting on the day of your operation.

Ankle pumps:

Move your feet up and down from the ankles for 30 seconds. You can do this exercise hourly.



Knee bending:

a) Lying: Gently bend your knee, sliding your foot toward your bottom. Use your hands to assist if necessary. Repeat 10 times.



b) Sitting: Gently bend your operated knee as far as is comfortable over the edge of a bed or couch. You can support your operated leg with your unoperated leg if necessary. Repeat 10 times.



c) Sitting: Assisted knee bending: Using your good leg to assist, take your involved leg back as far as your can, into resistance. Hold the position for 5-10 seconds, as tolerated, then release. Rest momentarily, then repeat, endeavouring to bend the knee further. Repeat 10 times.



d) Sitting: knee bend with forward shift of bottom: With foot on floor, bend your knee back as far as you can by itself. Then, shift your bottom forward in your chair to increase the stretch felt. Hold for 5 seconds as tolerated. Then ease your bottom backwards onto the chair, easing the stretch. Rest momentarily, then repeat. Repeat 10 times.



e) Lying on stomach: Assisted knee bending: Lying on your stomach, use your uninvolved leg to assist your involved leg to bend more. Take into a feeling of stretch/resistance, hold for between 5-10 seconds, then release. Rest momentarily, then try to bend your knee further, using assistance of uninvolved leg. Repeat this sequence 10 times.



Knee straightening:

a) Towel fold under heel: Knee straightening: With a fold of towel placed under your heel, rest, allowing your knee to straighten downwards. Rest in this position for 2-5 minutes at a time (as tolerated) to assist your knee to straighten fully.



Quads exercises:

a) Quads tightening: Push the back of your knee down toward the bed, locking your knee fully straight, by tightening your thigh muscles (quads). Hold for 3 seconds. Repeat 10 times.



b) Straight leg raise: Lock your knee straight, then slowly lift your leg up about 20 cm. Lower slowly. Repeat 10 times.



c) Knee straightening over roll: Place a rolled up towel under your knee. Straighten your knee as far as possible by tightening your thigh (quads) muscle. Lower slowly. Repeat 10 times.



FURTHER PHYSIOTHERAPY

The advice contained in this handout is appropriate for the first week following your manipulation.

Further physiotherapy to reduce swelling, regain range of motion and strength, and prepare for return to work or sport (where applicable), is often required. In most cases, you should plan to see your Physiotherapist in the week following your manipulation. If you are unsure, discuss with the Physiotherapist you see during your Hospital stay, or call 9009 3871 following your discharge.

Glenferrie Sports and Spinal Clinic is located within Glenferrie Private Hospital and specializes in orthopaedic surgery rehabilitation. We work closely with the surgeons who performed your manipulation. Call our office on 9009 3871 if you would like to book an appointment.

Uninsured patients:

Your surgeon has requested that you receive a physiotherapy consultation prior to your discharge to ensure your recovery is as prompt as possible. There will be a consultation fee charged.