

## Admissions: Knee Arthroscopy

I'm one of the physiotherapists.

During your admission for a knee arthroscopy you will be seen by one of the physiotherapy team. During that session, we will discuss advice regarding to ice and elevation to reduce your swelling, any information on wound care, teach you any exercises to ensure that you have good range of movement and strength at your knee prior to discharge and go through any walking aids that you might need such as walking sticks or elbow crutches.

We will also arrange an outpatient appointment if required for you to be seen by one of the outpatient physiotherapists around one week after the procedure.