



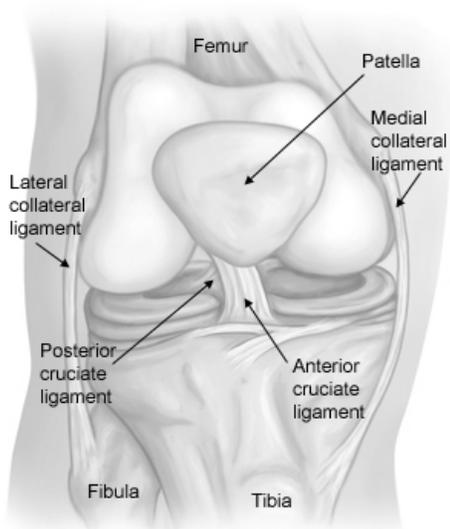
## Understanding Your Procedure: Knee Arthroscopy

You are scheduled to have a knee arthroscopy. You and your surgeon have already discussed the reason for the surgery, and you probably “feel” the need. However, now that you’re home and can take more time, we’ll discuss your knee arthroscopy again.

### A) KNEE BASIC INFO

The knee is the largest joint in the body. It operates basically as a hinge joint, with its main motion being flexion (bending) and extension (straightening). The knee joins together the upper and lower bones of the leg and the kneecap. There are several parts to the knee that keep it gliding smoothly when in motion, and keep it strong and stable.

#### Diagram



#### Terms

Ligaments - connect bone to bone

Tendons - connect muscle to bone

Bursae - sacs of fluid which reduce friction with movement

Meniscus - cartilage that acts as shock absorbers

Tibia - one of the lower bones of the leg

Femur - thigh bone

Patella - knee cap

Although the knee should basically bend and straighten with a small amount of rotation allowable, much of how we live demands greater stress on the knee joint.

Activities that cause twisting, jolting or falling movements can also cause knee injury. This can occur suddenly or slowly. If it becomes injured suddenly it is usually trauma related. If it occurs slowly it’s often related to repetitive movements over a long period of time which may have caused a “wearing away” or irritation of certain parts which normally make the knee move easily.

You become aware of the knee injury because of pain, swelling, “giving-way” or stiffness and limited movement. These are signals to you and to your doctor as well.

## **B) KNEE ARTHROSCOPY**

An arthroscope is an instrument that allows your surgeon to look directly into your knee joint through a very small incision (not even 1" long). With fiberoptic light, a magnifying lens and a camera, the inside of your knee is projected onto a TV monitor. Your surgeon can now examine, diagnose, and repair many of the problems with your knee joint.

Arthroscopy can serve two purposes:

- 1) Direct and thorough examination of the knee
- 2) Surgical treatment of many knee joint problems

If surgical treatment is done, this will be accomplished through another tiny incision. Your recovery time will be quicker due to arthroscopic surgery requiring less operative time and less trauma to the knee than "open-knee" surgery.