



**MELANDER**  
SPORTS MEDICINE

**(636)62-SPORT**

Saint Charles Orthopedic Assoc.

9323 Phoenix Village Parkway

O'Fallon, MO 63368

(636) 627-7678

Melandersportsmedicine.com

## Knee Arthroscopy

### Description:

Knee Arthroscopy is a minimally invasive procedure that is done by making small incisions on your knee and looking inside with a tiny camera.

### Uses:

- Repair or remove meniscus
- Repair torn ACL or PCL
- Swollen or damaged lining of the joint
- Patella misalignment
- Removal of cysts

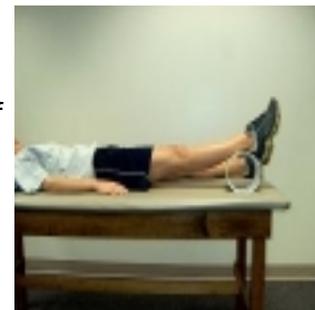
### Prone Knee Hangs



While lying down on your stomach, allow your leg to hang off the end of a table/bed. Position yourself so that your knee cap is just over the end of the table/bed.

**Hold 5 minutes**

### Propped Knee Hangs



While lying comfortably on a firm surface, straighten the involved leg out allowing the heel to rest on a firm object. The back of the knee and calf should not touch the chair or bed. Relax the thigh and leg muscles to allow the knee to straighten fully.

**Hold 5 minutes**

### Quad Sets



While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

**Reps 10 Sets 3**

### Heel Slides (Towel)



While in a sitting position, hook a towel around your foot and pull your knee into a bend position and towards your buttock.

**Reps 10 Sets 3**

### Terminal Knee Extension



Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.

**Reps 10 Sets 3**

### Hip Adduction



Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly.

**Reps 10 Sets 3**

### Hip Extension



While lying face down with your knee straight, slowly raise up leg off the ground.

**Reps 10 Sets 3**

### Hip Abduction



While lying on your side and upper most leg on pillows, slowly raise up the top leg to the side. Keep your knee straight the entire time.

**Reps 10 Sets 3**

### Hip Adduction



While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time. The top leg should be bent at the knee and your foot planted on the ground supporting your body.

**Reps 10 Sets 3**

### Single Leg Raise (VMO)



While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.

**Reps 10 Sets 3**

### Clam Shells



While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

**Reps 10 Sets 3**



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[www.MelanderSportsMedicine.com](http://www.MelanderSportsMedicine.com)