



# Considering Knee Arthroscopy? What You Need to Know

If you're experiencing knee pain or discomfort, knee arthroscopy may be a solution worth considering. As a leading orthopaedic specialist at Bayside Orthopaedics, [Dr. Sanjay Joshi](#) has extensive experience in [knee surgery in Sunnybank](#), including knee arthroscopy. In this comprehensive guide, we'll explore everything you need to know about knee arthroscopy, from understanding the procedure to post-operative recovery.

## Understanding Knee Arthroscopy

Knee arthroscopy is a minimally invasive surgical procedure used to diagnose and treat a variety of knee conditions. During knee arthroscopy, a small camera (arthroscope) is inserted into the knee joint through small incisions. This allows the surgeon to visualize the inside of the knee and perform surgical procedures with precision.

## Need For Knee Arthroscopy

1. Diagnostic Purposes: Knee arthroscopy may be used to diagnose the cause of unexplained knee pain, swelling, or stiffness.
2. Treatment of Conditions: Knee arthroscopy can be used to treat a range of knee conditions, including torn meniscus, cartilage damage, ligament injuries (such as ACL tears), and inflammation (such as synovitis).

## Procedure Of Knee Arthroscopy

1. Preparation: Before the procedure, you'll undergo a thorough evaluation to ensure you're a suitable candidate for knee arthroscopy. This may include imaging tests such as X-rays or MRI scans.
2. Anesthesia: Knee arthroscopy is typically performed under local, regional, or general anesthesia, depending on the specific procedure and patient preferences.
3. Incisions: Small incisions are made around the knee to insert the arthroscope and surgical instruments.
4. Visualization: The arthroscope is inserted into the knee joint, allowing the surgeon to examine the structures inside the knee on a monitor.

5. Treatment: Depending on the findings, the surgeon may perform various surgical procedures to repair or remove damaged tissue, such as trimming a torn meniscus or repairing a ligament.
6. Closure: After the procedure is complete, the incisions are closed with sutures or adhesive strips.

## Risks:

While knee arthroscopy is generally considered safe, like any surgical procedure, it carries some risks, including infection, bleeding, blood clots, and damage to surrounding structures. Your surgeon will discuss these risks with you before the procedure and take steps to minimize them.

## Recovery:

- Post-Operative Care: Following knee arthroscopy, you'll be given specific instructions for post-operative care, including wound care, pain management, and activity restrictions.
- Physical Therapy: Physical therapy is an essential component of recovery after knee arthroscopy. Your surgeon may recommend exercises to improve strength, flexibility, and range of motion in the knee.

## Exercises:

- Quadriceps Sets: Tighten the muscles at the front of your thigh and hold for a few seconds before relaxing.
- Straight Leg Raises: Lie on your back and lift your leg straight up, keeping the knee straight.
- Hamstring Curls: Bend your knee and bring your heel towards your buttocks, then slowly lower it back down.
- Calf Raises: Stand with your feet hip-width apart and rise up onto your toes, then slowly lower back down.

## Final Thoughts

If you're considering knee arthroscopy, it's essential to consult with an experienced orthopaedic surgeon like Dr. Sanjay Joshi at Bayside Orthopaedics. With his expertise and dedication to patient care, you can rest assured that you'll receive personalized treatment tailored to your unique needs. [Book an appointment](#) today to discuss whether knee arthroscopy is the right option for you and take the first step towards relieving your knee pain and restoring function.