Nursing Care after Arthroscopy

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Sports Injuries

• All injuries associated with sports activities
• Include all body parts and system
• Not purely orthopedic problem

• Team work: athlete, health care professionals, coach, family members, teammates
Pre-op

• Prepare for operation (physical & psychological)
• Sports History
• Prepare for rehabilitation
• Team work: nurse (coordinator), surgeon, physiotherapist, coach, family, athlete
Post-op

- Stable haemodynamics
- Start rehabilitation ASAP
PRICE

- Protection
- Rest
- Ice
- Compression
- Elevation
ACL reconstruction D0

- Wound oozing
- Fever/ infection
- Neurovascular status
- Swelling control
- Keep IROM @ 0°
- Wound care
- Swelling control
- X ray
- IROM @ 0º
- FWB
- Discharge
Sports Rehabilitation =

Return to Sports!
Sports Rehabilitation

- Protection
- PROM & AROM
- Strength
- Functional
- Proprioception
- Sports specific training
Rehabilitation for ACL
QEH Protocol

• ROM aim:
  • D2       Full extension
  • 2nd week 0º-90º
  • 6th week Full ROM
Sports specific training

- 6th week: closed chained activities, proprioceptive training
- 12th week: open chain activities, jogging
- 16th week: straight running (avoid pivoting and cutting)
- 20th week: progressive running program
Return to Sports

- 6 months: resume sport in non-competitive manner +/- protective knee brace
- 9 mth - 1 yr: resume competitive sport after surgeon’s assessment
Shoulser arthroscopy D0

- Wound oozing
- Swelling control
- Fever/ infection
- Neurovascular status
- Abduction brace/ arm sling
Recurrent shoulder dislocation
Arthroscopic repair
QEH Protocol
Acute Phase (0-2 wks)

- Pain & inflammation control
- Maintain integrity of surgical repair
- Retain ROM of effective joints
- Prevent muscle atrophy e.g. gripping exercise
- Pendulum exercise
- Passive ROM exercise with ER<35°
Protective Phase (2-6 wks)

- Passive & active ROM
- External & internal strengthening exercise with exercise bend
• Scapular strengthening exercise in prone position
Intermediate Phase (7-14 wks)

- Progressive strengthening exercise
- Full ROM exercise
- External & internal rotation with exercise bend
- Lateral raise
Strengthening Phase (15-22 wks)

- Muscle strengthening and power training
- Gradually return to functional activities
- Maintain full ROM of shoulder
Return to Activity Phase (23-30 wks)

- From recreational sports to initiate interval sports program
Prevention is Better than Cure
Thank You!