



## ARTHROSCOPY

Quite often you will hear that a sports professional has had a 'wash-out' of the **knee**.

But what is a 'wash-out'? A wash-out is a layman's term for what health professionals call an **arthroscopy**. An arthroscopy is keyhole surgery to look inside the joint - usually a knee, ankle, shoulder, wrist or elbow to diagnose or treat a specific problem.

An arthroscope is a small metal tube about the size of drinking straw with a light and a camera in it. The surgeon makes a small cut and inserts the scope into the joint to take a look around. He or she will then make another incision near to this to insert medical equipment which will allow the injured part - such as a damaged cartilage- to be trimmed and washed-out of the joint.

As the surgery is only done with very small incisions it is usually a safe procedure with little infection risk, quicker healing times and reduced damage to the surrounding muscles and tendons. It is also usually done by day case. Often I see young footballers who are surprised that they walked in to hospital for an operation on the morning, and were able to walk out in the same afternoon without any crutches.

An **arthroscopy** is often used to trim or remove loose fragments of **bone** which cause the knee to lock. Some surgeons can repair **ligaments** or **cartilage** inside the **knee**. Most people return to sport within 6-8 weeks if the procedure was simple.

To make an enquiry with one of our physiotherapists please contact us on 0114 2390022.

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