

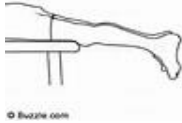

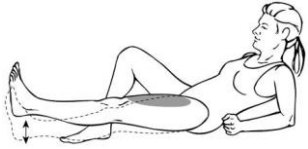


POST-OP KNEE EXERCISES

Range of Motion and Strengthening Exercises:

<p>Passive Range of Motion (PROM) - Patella glide With your index fingers on top and bottom of your knee cap, gently pull your knee cap up towards head then down towards your toes. Then place fingers on each side of the knee cap and push from side to side.</p>	<p>2 minutes Repeat 4-6 times daily</p>	
<p>Passive Range of Motion - Knee Extension Lie on your back. Place a phone book (or two) under your heels. Relax your legs. Sit or lay down for 5-10 min. Repeat 3-4 times/day.</p>	<p>Hold 5-10 minutes Repeat 2-3 times/day</p>	
<p>Prone Hangs (To start on second week): Lie on your belly on your bed. Skooch your legs off the end of the bed, about 4" above your knees. Let your legs relax. Then, once able to tolerate, place your non operative foot over the heel of your operative leg. You can gently push down.</p>	<p>Hold 5-10 minutes Repeat 2-3 times/day</p>	
<p>Passive Range of Motion - Flexion and Extension Extension: Sit on edge of table with both your legs hanging. Place the top of your uninjured leg behind the heel of your injured leg and push your legs straight. Flexion: Let your injured leg hang down and bend. Place your heel over the top of your injured leg's foot and press back, making your injured leg bend a bit more.</p>	<p>Hold 5 seconds -Relax- Repeat 5 times Repeat 3 times/day</p>	
<p>Quad Set Lay on your back with your legs extended. Contract both of your quadriceps muscles and tight as you can. Hold for 10 seconds.</p> <p>Straight Leg Raises (Isometric) Lay on your back with your injured leg extended. Contract quadriceps muscle as strong as possible. Slowly lift heel 4"-6" off the ground. Hold at peak. Alternative foot position: point toes outward 30 degrees.</p>	<p>Hold 10 seconds. -Relax for 2 sec- Repeat 10 times</p> <p>then</p> <p>Hold 10 seconds -Relax- Repeat 10 times 3-4 times/day</p>	

*If you are in a knee brace after your surgery, take your brace off to do all of the above exercises with the exception of the Straight Leg Raises, keep your knee brace on while doing this exercise for the first week.

Post Operative Incision Care

- Change the gauze dressing daily until there is no drainage on it (usually 1-2 days).
→ Then just use the ACE wrap until we see you in two weeks.
- Leave the steri strips (white tapes) in place for at least 2 weeks.
- For the first week you must keep your knee DRY when showering.
→ Cover the knee with saran wrap several inches above and below your knee to keep the water out.
- After one week you may shower and let water run down your leg.
→ Do not scrub the incision(s) with soap or put ointment/lotion/scar cream on the incision(s).
- No soaking your leg in a bath tub/hot tub/lake/swimming pool for one month.
- After six weeks you may massage the incision with lotion/scar cream, this helps break up any scar tissue that may form.

Please give 72 hours notice for refills on pain meds. Pain meds cannot be called into the pharmacy!

Please visit the King Count safe medication disposal website <https://kingcountysecuremedicinereturn.org/> for information on how and where to dispose your extra pain medication

