

Description of Post-op exercises

Daily exercises are important in reaching your full range motion, decreasing swelling and returning to normal function in daily activities and sports.

Strengthening exercises SHOULD NOT CAUSE MORE PAIN!

1. **Toe Points:** Point and flex your foot often to maintain fluid flow. This is essential to decreasing the fluid from your lower leg.
2. **Quad sets:** Tighten your thigh muscle while pushing down against your brace and relax. Repeat often (following exercises charts) to strengthen your quadriceps muscle and help reduce swelling. When you are not wearing your brace, put a towel or pillow under your knee to do this exercises to avoid forcing it into hyper-extension.
3. **Straight leg lifts:** Usually done sitting. Tighten your thigh as you do when you are doing a quad set, and then lift your leg up about 6". Now, slowly lower leg keeping your thighs tight all the way down. Relax. Repeat. Follow your exercises charts for the quantity of these that you should be doing. Eventually, Dr. McGuire wants you to be able to do 500 through out the day, pain free. These can also be done standing instead of lying down.
4. **Pillow Squeezes:** Fold a pillow and place it between your slightly bent knees. Squeeze and hold for 5 seconds.
5. **Extension work:** Sit on a firm surface and place your leg straight in front of your. Let your leg relax straight out. Sit this way for 5 min at least 3 times per day. Do not push your knee into hyperextension.
6. **Massage:** To decrease scar tissue. Bruising and swelling are customary for the first 1-2 month.
7. **A.** You will begin to massage both shin and your thigh muscle to help with swelling and healing. Don't be timid as how hard to massage the tissue. This is something that you will instinctively avoid because it is tender, but it is absolutely essential to do. You must massage both your shin and your thigh.
B. It is normal for your portals to form tender lumps (scar tissue). These usually fade away within 6-12 month.

STEPS TO RECOVERY

1. Activity: Plan to rest around the house for 5-7 days and keep your leg elevated above your heart as much as possible. Being up and about during this time **can** cause swelling, pain and also increases your chance of bleeding.
2. Range of Motion: this refers to the extending and bending your leg, it is **very important** that you acquire a full range of motion back as fast as you can after surgery. To help with this process please refer to your designated exercises for your procedure.
3. Dressing: At your first post-op visit with us the RN or medical assistant will change your dressings and provide you with a dressing kit. It will have all the needed material for you to change it at home. Do not remove the Steri-Strips. They will come off in about 10 days by themselves. Seepage may occur in the first 24 hours after surgery and may continue to occur at times for up to ten days. To counter this you must keep the ace wrap on for 5-10 days or until seepage stops.

Please email us at kkile@mail.akorthospec.com if you have any questions regarding your surgery.

POST OP INSTRUCTIONS

1. Start the Ketorolac (Toradol the anti-inflammatory medication) every 6 hrs with food and water as soon as you leave the surgery center. Take even if you have no pain. Finish the bottle.
2. Norco (Hydrocodine with acetaminophen) can be taken 30-60 mins or longer after the Ketorolac for back up pain if no relief achieved with the Ketorolac alone. Omit taking **both medications** at the same time.
3. We will address the use of the IceMan and if necessary, crutches, CPM, and Brace settings at the post-op appointment.

FIRST NIGHT AFTER SURGERY

1. **DO NOT OVER DO IT.** Your knee will be numb for 18-30 hours after surgery and if you injure yourself you will not know it.
2. Keep the entire leg elevated. The knee iced (using the IceMan) do the toe points and keep the dressing on and dry the first night. We will change the dressing and go over bathing instructions at the post-op appointment the day after surgery.
3. Do not use the IceMan on *bare skin*.

READ YOUR SURGERY PACKET
COMPLETELY

IF YOU HAVE QUESTIONS PLEASE E-MAIL US AT:
KKILE@MAIL.AKORTHOSPEC.COM

Day of your Surgery

- Take only prescribed medications (i.e. Blood pressure, or other daily medicine)
- Stay close to a phone in case the surgery center or Dr. McGuire's office needs to contact you regarding the schedule changes.
- Wear loose fitting comfortable clothing to surgery, such as sweats and shorts.
- **PLEASE MAKE SURE YOU WEAR UNDERWEAR !**
- Do not wear make-up, contacts, or jewelry to surgery. Remove body jewelry. Bring glasses if you need them for reading.
- **DO NOT DRIVE YOURSELF TO THE SURGERY FACILITY.** You will need to arrange to have someone with you for 24 hours after your surgery.

ICEMAN INSTRUCTIONS

- Make sure unit is filled with water prior to starting the treatment session.
- Apply an Ace Wrap or soft bandage to knee area before applying cold therapy.
- Secure cold therapy pad in place with a loosely wrapped elastic bandage, foam wrap or soft bandage wrap.
- Adjust the temperature control to the blue circle and allow 20 minutes to stabilize the setting.
- Adjust temperature dial to maintain therapeutic temp range of 40-55 degrees as shown on the side handle of the control piece.

DO NOT ALLOW TEMPERATURE TO REGISTER IN THE RED ZONE.

Day after your Surgery

DVT (Deep Vein Thrombosis) is a risk after any surgery. It may occur without obvious symptoms and may be difficult to detect. Up to 50% of DVT incidents may produce minimal symptoms or are completely "silent".

Contact our office if you notice:

- Severe pain, tenderness or sudden swelling in the back of the calf.
- Discoloration or visibly large "ropey" veins.
- Skin over the calf that is warm to the touch.

Go to the Emergency Room if you have:

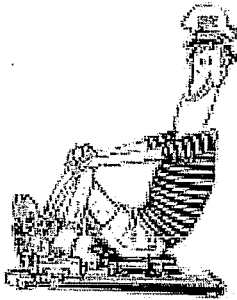
- Shortness of breath.
- Rapid Pulse.
- Excessive sweating or anxiety.
- Sharp chest pain.
- Coughing up blood.
- Dizziness or fainting.

FOLLOW UP APPOINTMENTS

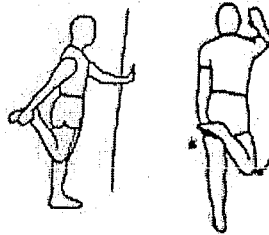
- After the initial post-op period of 4 weeks, some of your in office visits may be done via phone or email, to avoid costly travel expenses. Email us at kkile@mail.akorthospec.com.
- Your follow up care is very important to Dr. McGuire and his staff. To ensure that you are given the highest quality of care some of the post-op visits may be with the RN or another physician if Dr. McGuire is unavailable.
- **Note:** These post-op visits, emails, and phone assessments are essential for documentation of your progress

NO

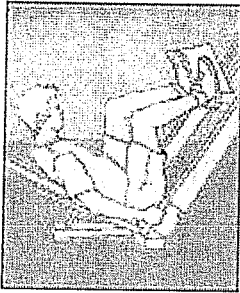
Do not do these or similar exercises! All are very hard on your knees... Please discuss with doctor or nurse if you want additional exercises guidelines.



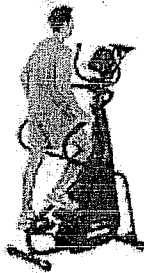
Rowing



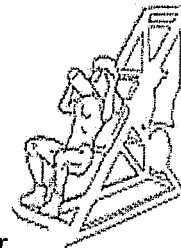
Quad Stretch



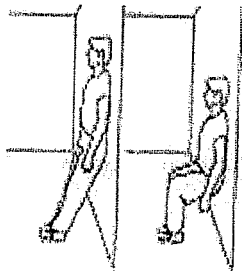
Leg Press



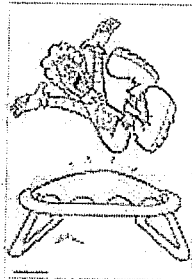
Stairmaster



Hack Squat



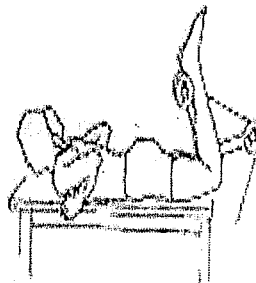
Wall Slide



Trampoline



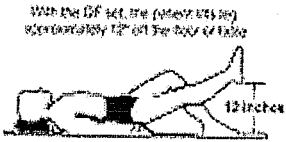
Slid Board



Hamstring Curls

Yes

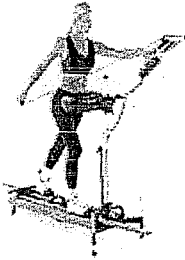
These are all good exercises to rehabilitate your knee and quadriceps (thigh) muscle.
Please do not let yourself feel pain with exercises.



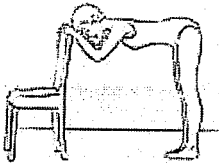
Straight leg raises



Aqua jogging / Walking



Nordic Track



Hamstring Stretch



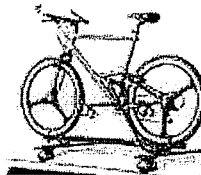
Passive Heel Slides



Toe points



Counter Lean



Stationary Bike