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HOURLY HOME PROGRAM – MENISCUS – DEBRIDEMENT – LATERAL RELEASE – HYPEREXTENSION SYNDROME

THE EXERCISES DURING THIS 1ST WEEK ARE A KEY COMPONENT TO YOUR SUCCESS IN THE REHABILITATION PROCESS OF YOUR KNEE

NAME: _____ CHART#: _____ DATE: _____

FIRST EVE	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 10 / hour												
Toe Points/Flexes 20 / hour												
Quad sets 10 / hour												

DO NOT touch incisions

Use cold cuff continually for the first four days (use ace wrap to cover skin)
 Keep leg elevated above heart (foot higher than knee) when sitting or lying down.
 Relax and rest by staying home the first week. This will significantly reduce pain and swelling.
 Drink plenty of fluids

DAY 1	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20 / hour												
Toe Points/Flexes 20 / hour												
Quad sets 10 / hour												
Pillow squeezes 5 / hour												

DO NOT touch incisions

Use cold cuff continually for the first four days (use ace wrap to cover skin)
 Keep leg elevated above heart (foot higher than knee) when sitting or lying down.
 Relax and rest by staying home the first week. This will significantly reduce pain and swelling.
 Drink plenty of fluids

NO HOPPING – NO RUNNING – NO JUMPING – NO CLIMBING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING – NO LEG PRESSES

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NAME: _____ CHART#: _____ DATE: _____

DAY 2	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20 / hour												
Toe Points/Flexes 20 / hour												
Quad sets 20 / hour												
Pillow squeezes 5 / hour												
Passive heel slides (gently bend knee and massage knee) 5 min/hr												

DAY 3	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20-30 / hour												
Toe Points/Flexes 20 / hour												
Quad sets 20-30 / hour												
Pillow squeezes 5 / hour												
Passive heel slides (gently bend knee and massage knee) 5 min/hr												
Begin Patella Mobilization (if lateral release DO NOT push kneecap to outside) 3 times / day												
Rest leg out straight on flat surface 3-4 times / day												

DO NOT touch incisions

Use cold cuff continually for the first four days (use ace wrap to cover skin)

Keep leg elevated above heart (foot higher than knee) when sitting or lying down.

Relax and rest by staying home for the first week. This will significantly reduce pain and swelling.

Drink plenty of fluids

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HOURLY HOME PROGRAM – MENISCUS – DEBRIDEMENT – LATERAL RELEASE – HYPEREXTENSION SYNDROME

NAME: _____ CHART#: _____ DATE: _____

DAY 4	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 20-30 / hour												
Toe Points/Flexes 20 / hour												
Quad sets 20-30 / hour												
Pillow squeezes 50 / day												
Massage shin & muscle above knee 3 times / day												
Passive heel slides (gently bend knee and massage knee) 5 min/hr												
Patella mobilization 10-15 /day												

DAY 5	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 250-500 / day												
Toe Points/Flexes As desired												
Passive heel slides (gently bend knee and massage knee) 5 min/hr												
Quad sets 40 / hour												
Pillow squeezes 50 / day												
Patella mobilization 10-15 / day												

DO NOT touch incisions
If you had a lateral release, do not push knee cap to the outside
 Use cold cuff continually for the first four days (use ace wrap to cover skin)
 Keep leg elevated above heart (foot higher than knee) when sitting or lying.

Relax and rest by staying home the first week. This will significantly reduce pain and swelling.
 Drink plenty of fluids

NO HOPPING – NO RUNNING – NO JUMPING – NO CLIMBING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING – NO LEG PRESSES

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NAME: _____ CHART#: _____ DATE: _____

DAY 6	9 AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
Straight leg raises 250-500 / day												
Quad sets 250-500 / day												
Pillow squeezes 50 / day												
Passive heel slides (gently bend knee and massage knee) 3 times a day for 15 minutes												
Patella mobilization If lateral release: DO NOT push kneecap to outside 20-25 times / day												

Use cold cuff intermittently as desired (use ace wrap to cover skin)
Rest and elevate as you can
Progress with activity as tolerated by pain

NO HOPPING – NO RUNNING – NO JUMPING – NO CLIMBING – NO LUNGING – NO SQUATS – NO HEAVY LIFTING – NO LEG PRESSES

HOURLY HOME PROGRAM – MENISCUS – DEBRIDEMENT – LATERAL RELEASE – HYPEREXTENSION SYNDROME

NAME: _____ CHART#: _____ DATE: _____

Day 7 – Week 6	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Straight leg raises 500 / day												
Quad sets 500 / day												
Pillow squeezes 50 / day												
Heel/Toe raises 10 / day												
Pressure Points Once / day												
Passive heel slides (gentle bend knee and massage knee) 3 times a day for 15 minutes												
Patella mobilization If lateral release: DO NOT push kneecap to outside 20-25 times / day												

Do “Pressure Points” by pressing on sore areas to relieve tension in tendons & muscles
 Use cold cuff intermittently as desired (use ace wrap to cover skin)
 Rest and elevate as you can
 Progress with activity as tolerated by pain

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