

**HOURLY HOME PROGRAM – OATS, LATERAL RECONSTRUCTION or MENISCAL REPAIR – WEEK 1**

**THE EXERCISES DURING THIS 1<sup>st</sup> WEEK ARE A KEY COMPONENT TO YOUR SUCCESS IN THE REHABILITATION OF YOUR KNEE**

NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>FIRST EVE</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>5 / hour</b>												
Toe Points/Flexes <b>5 / hour</b>												
Quad sets <b>5 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest speed</b> <b>Ext +10 Flex +40</b>												

**Toe touch down weight bearing**

**DO NOT touch incisions**

**Brace settings remain at +10 & +40 for meniscal repair and lateral reconstruction patients and remain at +10 & +30 for OATS patients.**

Use the CPM with brace on (for lateral reconstruction patients) and with brace off (for OATS patients) while awake – you may use it while sleeping if you are able to tolerate it (Not used by meniscal repair patients)

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

OPTIONAL: You may want to use a stool softener to ease constipation that the medications and inactivity may cause.

David A. McGuire, M.D. – 4100 Lake Otis Pkwy. #320 – Anchorage, AK 99508 Phone (907) 562-4142 Fax (907) 563-8824

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<b>DAY 1</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>5 / hour</b>												
Toe Points/Flexes <b>5 / hour</b>												
Quad sets <b>5 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest speed</b> <b>Ext +10 Flex +40</b>												

**Toe touch-down weight bearing as tolerated by pain**

**DO NOT touch incisions**

Use the CPM while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients)

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

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NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 2</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>5 / hour</b>												
Toe Points/Flexes <b>10 / hour</b>												
Quad sets <b>10 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest speed</b> <b>Ext +10 Flex +50</b>												

**Continue touch-down weight bearing as tolerated by pain**  
**DO NOT touch incisions**

Use the CPM without brace while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients)

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

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NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 3</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>10 / hour</b>												
Toe Points/Flexes <b>10-15 / hour</b>												
Quad sets <b>10-15 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest speed</b> <b>Ext +10 Flex +50</b>												

**Continue touch-down weight bearing as tolerated by pain**

**DO NOT touch incisions**

Use the CPM without brace while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients)

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.

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NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 4</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>10 / hour</b>												
Toe Points/Flexes <b>10-15 / hour</b>												
Quad sets <b>12-15 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest speed</b> <b>Ext +10 Flex +60</b>												
Pillow squeezes <b>10 / hour</b>												
Massage shin, front of knee and thigh <b>3 times / day</b>												
Patella mobilization Push up & down Side to side <b>3 times / day</b>												

**Continue touch-down weight bearing as tolerated by pain**

**DO NOT touch incisions** while doing massage

Use the CPM without brace while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients)

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.

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NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 5</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>15 / hour</b>												
Toe Points/Flexes <b>10-15 / hour</b>												
Quad sets <b>12-15 / hour</b>												
CPM <b>40 min/hr</b> Slowest Speed <b>Ext 10 Flex +60</b>												
Pillow squeezes <b>10 / hour</b>												
Massage shin, front of knee and thigh <b>3 times / day</b>												
Patella mobilization Push up & down Side to side <b>3 times / day</b>												
Rest leg out straight on flat surface <b>5 min – 3 times/day</b>												
Passive heel slides <b>10 / day with massage</b>												

**Continue touch-down weight bearing as tolerated by pain**

**DO NOT touch incisions** while doing massage

Use CPM without brace while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients)

Use cold cuff intermittently as desired (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.

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NAME: \_\_\_\_\_ CHART#: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>DAY 6</b>	<b>9 AM</b>	<b>10AM</b>	<b>11AM</b>	<b>12PM</b>	<b>1PM</b>	<b>2PM</b>	<b>3PM</b>	<b>4PM</b>	<b>5PM</b>	<b>6PM</b>	<b>7PM</b>	<b>8PM</b>
Straight leg raises <b>20 / hour</b>												
Toe Points/Flexes <b>10-15 / hour</b>												
Quad sets <b>12-15 / hour</b>												
CPM <b>40 min/hr</b> <b>Slowest Speed</b> <b>Ext +10 Flex +60</b>												
Pillow squeezes <b>10 / hour</b>												
Massage shin, front of knee and thigh <b>3 times / day</b>												
Patella mobilization Push up & down Side to side <b>3 times / day</b>												
Rest leg out straight on flat surface <b>5 min - 3 times/day</b>												
Passive heel slides <b>10 / day with massage</b>												

**Continue touch-down weight bearing as tolerated by pain**

**DO NOT touch incisions** while doing massage

Keep knee cool intermittently (use ace wrap to cover skin)

Use CPM without brace while awake – you may use it while sleeping if you are able to tolerate it (not for meniscal repair patients).

Call the CPM Rep to arrange for a drop off or pick up @ 230-1813