

POST-OP KNEE CARE

IMMOBILIZER

-MAY BE REMOVED DURING EXERCISE SESSIONS

PRECAUTIONS!!!

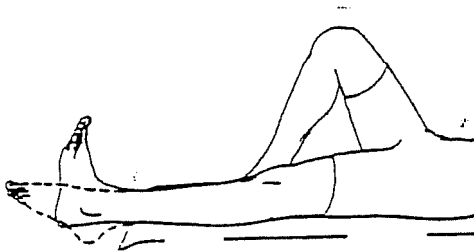
-FOLLOW WEIGHT BEARING INSTRUCTIONS (TOE TOUCH OR 50%) UNTIL FOLLOW UP VISIT WITH PHYSICAL THERAPY

-AVOID ACTIVELY BENDING OR PUSHING THE KNEE PAST 90 DEGREES.

-ICE AND ELEVATE FOR 15 TO 20 MINUTES FOLLOWING EXERCISE SESSIONS

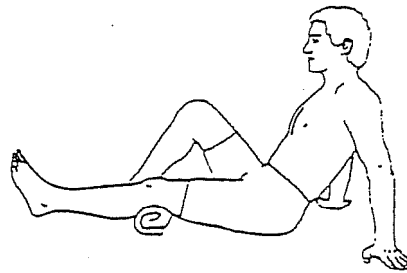
EXERCISES SHOULD BE DONE UP TO 6 TIMES THROUGHOUT THE DAY

#1 ANKLE PUMPS



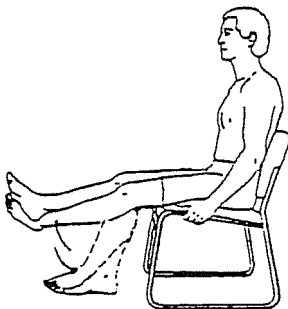
With involved leg relaxed, gently move ankle up and down through full range of motion. Repeat 20 times.

#2 QUAD SET



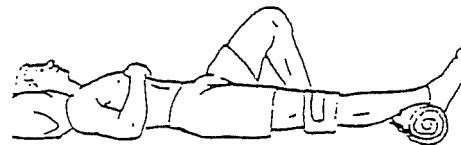
Tense muscles on top of involved thigh. Hold 3-5 seconds. Repeat 20 times.

#3 PASSIVE KNEE FLEXION/EXTENSION



Gently push involved leg straight with other leg until stretch is felt. Slowly lower leg until pain free stretch is felt on top of leg. Repeat 20 times

#4 PASSIVE KNEE EXTENSION STRETCH



With rolled towel under involved ankle, relax and let gravity stretch knee. Hold 3-5 minutes