



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

In-Home Rehab

**4th day
through
2 weeks
post-op**

REHABILITATION PROGRAM

- A home therapist will assist you typically three days per week.
- Perform **home exercise** program independently **4 to 5 times every day** including straight leg raises. (Figure 8)
- Outpatient physical therapy three times a week is recommended 7 to 14 days after surgery.
- **Continue CPM** at home for 2 to 3 weeks after surgery; increase setting to 0° - 110°.
- **Walk with the forearm crutches** three times daily, increasing your distance gradually.

IMPORTANT INFORMATION

- **You may shower** with **loban** cover in place. Avoid bathing for 3-4 weeks.
- Return for a follow-up examination approximately 2 weeks following surgery at which time skin staples will be removed. If you are from out of town, we may arrange for staple removal near your home.
- Standard post-op medications during this time period include stool softeners, the blood thinner Coumadin, and pain relievers such as Lortab or Percocet. You may resume NSAIDs (non-steroidal anti-inflammatory drugs) if necessary once Coumadin is discontinued.
- Avoid sitting for periods greater than 30 minutes.
- To **reduce swelling**, elevate your knee above heart level typically 2-4 hours during the day and while you sleep. (Figure 9)



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Figures 8a (top) and 8b (bottom). Straight leg exercise.



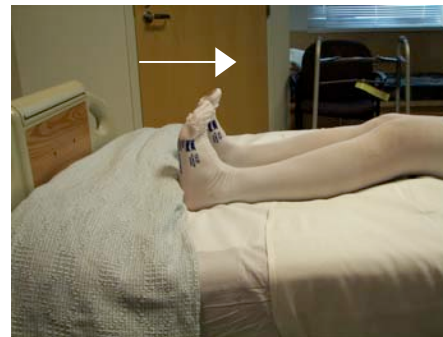
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Figure 9. Ideal knee elevation technique.

To **prevent blood clots**, pump your foot up and down, preferably against resistance, at least 10 times every hour you are awake (Figure 10).



Figures 10a (left) and 10b (right). Foot pump motion. Foot pumps should be performed at least 10 times every waking hour