

# In-Hospital Rehab

## Your hospital stay

Typically, you will be in the hospital for three nights after surgery, and you will be given goals to accomplish on each day. Visitors are welcome from 11 AM to 8 PM. Orthopedic nurses provide care and administer pain-relieving medication. Early, vigorous physical therapy begins the day of surgery. The following sections describe what you can expect during your stay at the hospital.

### DAY OF SURGERY

1. You will be given a **breathing exerciser** called an *Incentive Spirometer* to help maintain lung function. You should use this about 10 breaths every hour while you are awake.
2. **Stand and walk** several steps with a walker as tolerated.
3. Following surgery, your limb will be placed in a **Continuous Passive Motion (CPM)** machine (Figure 2) that will bend and straighten your knee. Its use will vary based on your individual needs. Some patients may be designated either FLEXION or EXTENSION emphasis. The CPM machine should be used 8-10 hours per day. The PT or nursing staff can assist you in adjusting the range of motion on the machine.



**Figure 2.** CPM machine used in hospital setting.

The CPM machine is used to relieve pain, improve circulation, and increase range of motion. Figure 3 demonstrates correct alignment showing the knee cap pointed upward and aligned with the bending axis of the CPM machine.



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**Figure 3.** Correct position of limb in CPM machine.

4. Your physical therapist will instruct you in the following exercises: ankle pumps, straight leg raises, heel slides, and short arc quads.

### **DAY 1 POST-OP**

1. Sit in a chair for at least one meal.
2. **Walk into the hallway** and to and from the bathroom using a walker.
3. Adjust CPM machine to a minimum of **0 to 70 degrees** of motion.
4. Lift your surgical leg off the bed several times.
5. Perform 10 to 20 **ankle pumps** every hour while awake.
6. Perform the following exercises **twice during the day** with your physical therapist:
  - Quad sets
  - Short-arc quads
  - Straight leg raises
  - Heel slides (Figure 4).



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4(a)



4(b)

**Figures 4a and 4b.** Heel Slide Technique.



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## **DAY 2 POST-OP**

1. Adjust CPM machine to a minimum of **0 to 90 degrees** of motion.
2. Sit in a chair for **1 or 2 meals** during the day.
3. Switch to oral pain medications predominantly.
4. With assistance, walk with forearm crutches for bathroom use.
5. Perform **10 to 20 ankle pumps** every hour while you are awake.
6. Walk 200 to 300 feet with **forearm crutches** (Figure 5).



**Figure 5.** Forearm crutch technique.

7. Perform the following exercises twice during the day with your physical therapist:
  - Quad sets
  - Short-arc quads
  - Straight leg raises
  - Heel slides
  - Chair slides



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### **DAY 3 POST-OP**

Your knee dressing will be changed to **Ioban**, a shower proof wound cover (Figure 6). Surgical stockings called *T.E.D. hose* will be placed on both legs.



**Figure 6.** Ioban dressing

1. Walk 400 to 500 feet using forearm crutches.
2. Increase range of motion on CPM machine beyond **0 to 90 degrees**.
3. Continue leg lifts often.
4. Learn to negotiate **stairs** with forearm crutches (Figure 7).
5. Use the restroom independently.
6. Receive your **home exercise program** from your therapist.
7. **Transfer** to home, hotel, or rehab hospital.
8. **Arrangements** for a therapist and nurse to come to your home are made by a hospital coordinator.



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**Figure 7.** Stair technique with forearm crutches.