

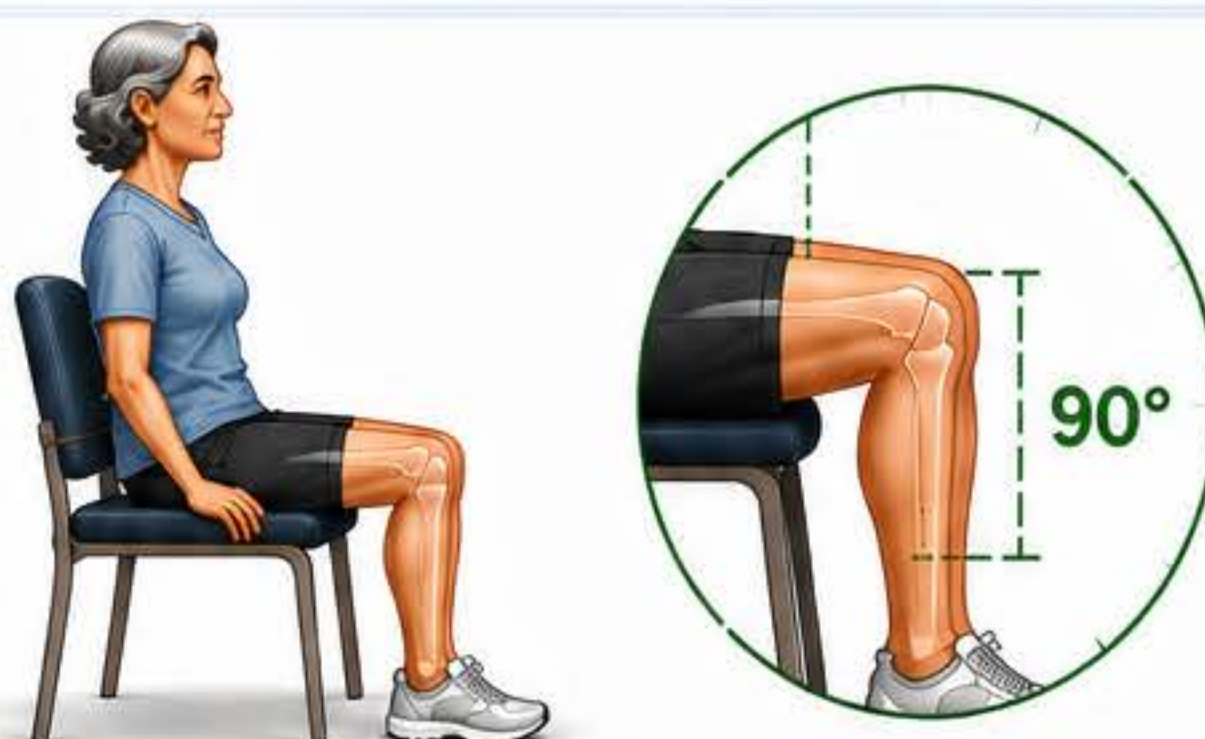
THE 5 MOST IMPORTANT THINGS

BETWEEN SURGERY AND YOUR FIRST POSTOP APPOINTMENT

- 1** FOCUS ON GETTING YOUR KNEE STRAIGHT.



- 2** AIM FOR 90 DEGREES (RIGHT ANGLE) BEND OF YOUR KNEE.



- 3** TAKE SHORT, FREQUENT WALKS AROUND YOUR HOUSE EVERY 1-2 HOURS.



- 4** TAKE YOUR PRESCRIBED BLOOD THINNER (e.g. ASPIRIN, ELIQUIS, LOVENOX) AS PRESCRIBED.



- 5** ICE AND ELEVATE YOUR KNEE EVERY 2-3 HOURS.



Quiet Knee Protocol

— Your First 2 Weeks After Surgery —

In the first two weeks after surgery, the priority is to control early swelling and allow your knee's soft tissues to recover while working on gentle range of motion and frequent short distance mobilization.

This is **not** the time to aggressively work on knee flexion or try to engage in vigorous exercise or long distance walking. This can actually set your recovery back further by increasing your swelling and inflammation.

- 1** Focus on terminal extension stretches (e.g. working on getting the knee straight).



- 2** Self-directed GENTLE active flexion range of motion only.

NO AGGRESSIVE PASSIVE range of motion.

You may start with the stationary bicycle routine immediately but limit this to 5–10 minutes at a time for up to 2–3 times daily.



- 3** Walk <1,000 feet per day – focus on short walks every 1–2 hours around the house.



- 4** Do not stand for more than 20 minutes at a time.



- 5** Ice and elevate for 20–30 minutes every 2–3 hours while awake.



20–30 MINUTES



Following this protocol in the first 2 weeks helps control swelling, protects your soft tissues, and sets you up for a smoother recovery.

Early Postoperative Goals

Focus on These 2 Range of Motion Goals



Between **your date of surgery** and **3 weeks** postoperatively, please focus on these 2 range of motion goals.

1 GET FULLY STRAIGHT

Your knee should get fully straight.

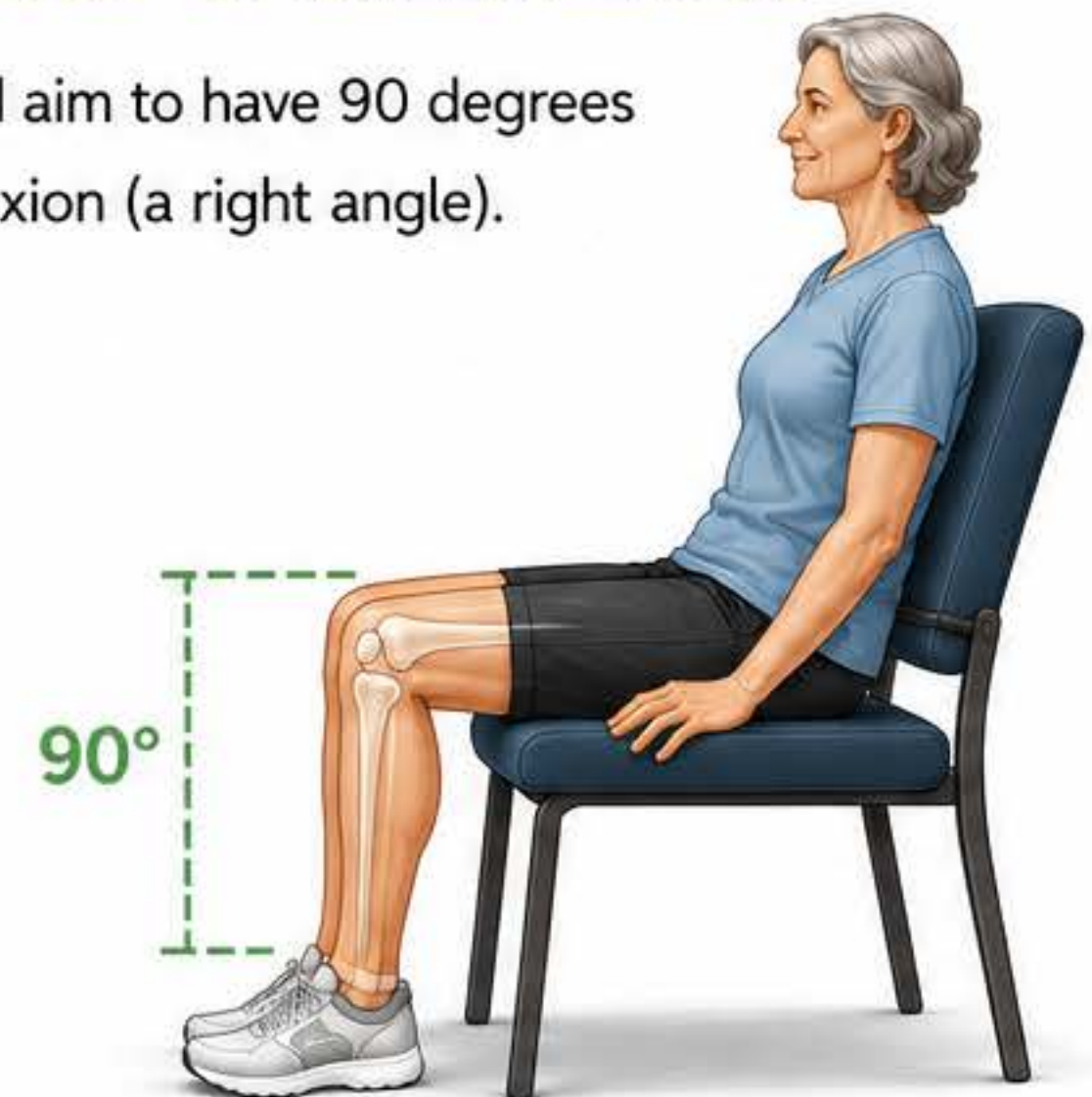


To achieve this:

- Do this stretch for 10–15 seconds at a time, 5 times in a row with a 1 minute break between reps.
- Do 4–5 of these sets daily.

2 ACHIEVE 90° OF KNEE FLEXION

You should aim to have 90 degrees of knee flexion (a right angle).



To achieve this:

- Use the stationary bicycle routine.
- If you do not have access to a stationary bicycle, sit in a chair and gently actively bend your knee throughout the day. This should not be overly forceful or painful.

Use a Stationary Bicycle to Gradually Develop Your Knee Flexion

1 START

Start with the seat up high and just go back and forth on the pedals.



2 WHEN THIS IS EASY

Begin doing full revolutions with the pedals.



3 WHEN THIS IS EASY

Drop the seat down a notch or two.



4 CONTINUE TO LOWER THE SEAT

Continue to drop the seat down a notch every 1–2 days or as able when the current seat height becomes easy.



Every
1–2 Days
(or as able)



GRADUALLY INCREASE KNEE FLEXION



In this way you will gradually dynamically increase your knee flexion.
Use a low resistance setting at all times. The goal is range of motion, not strengthening.