

Rehabilitation Protocol:
Post op Phase: 0-2 weeks.

Hello [insert patient name],

I hope you are recovering well! Here are the goals for the immediate post operative phase of your rehabilitation protocol.

Goals:

Control Swelling

- Elevate knee – Pillow under calf and ankle, not just knee.
- Ice knee for 15 minutes every hour or use an ice-compression device such as Game-Ready or Cryo Cuff
- Push knee down while sitting to activate quads

Begin Early Range of Motion

- Move leg as much as tolerated- the goal in the first 2 weeks is obtaining range of motion from 0-90° (fully extended with the knee flat, to the 90° seated position)
- Rest with leg straight to achieve full extension
 - Although it may feel better to rest with a pillow under your knee, this could lead to a lot of stiffness and scar behind the knee, and can sometimes lead to the inability to straighten the leg.

Protect Graft

- Crutches are for balance and support. Use crutches until you're walking normally, at which point you can switch to a single crutch or cane. Weight bearing is allowed.
- Avoid activities that risk falling or twisting.

Early Exercises: Do 3-4 times per day for 10-15 min at a time

Knee Extension Exercises:

- **Passive Knee Extension**
 - Sit in a Chair and place foot onto a stool, chair, coffee table etc
 - Relax thigh muscles and let knee sag until maximum extension is achieved
 - Do not push down on knee during this stage.



- **Heel Props**

- Lay flat and place heel on a rolled up towel ensuring high enough that thigh is off the table
- Allow leg to relax and achieve full extension



Knee Flexion Exercises:

- **Passive Knee Bend**

- Sit on edge of a table or bed, and let the knee bend by influence in gravity

- **Wall Slides**

- Lie on back with the involved foot on the wall
- Allow foot to slide down wall by bending the knee
- Can use the other leg to help apply some downward pressure



- **Heel Slides**

- Pull the heel toward the buttocks, flexing the knee and hold for 5 seconds
- Straighten the leg by sliding the heel downward, hold for 5 seconds

Stationary bicycle:

- **Ok to begin once 90° of motion has been obtained**

- Use a stationary bicycle 1-2 times per day for 10-20 minutes to help increase muscular strength, endurance and maintain range of motion.

If you are struggling understanding the exercises above, or prefer to do your rehabilitation under direct guidance, I would strongly suggest attending formal physiotherapy sessions. I know our partners at ThreeSixty Physiotherapy would be happy to help.

778-484-0360

www.threesixtyphysio.ca

Please see patient resources on app for full list of available physios in Kelowna, West Kelowna and Lake Country.