



Home Exercise Program

Coastal Orthopedics and Sports Medicine
14 Thomas Point Road, Brunswick, ME 04011

Training start date 3/16/2020



1

Bathing: Avoid soaking the incision sites to direct water stream until steri-strips are off

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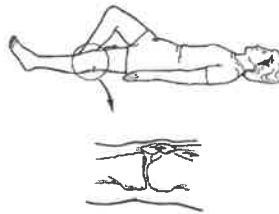
Positioning: It is important to bend and straighten your knee following surgery but avoid prolonged positions where the knee is resting in a bent position (i.e. propped/supported with a pillow behind the knee). This will feel like a position of comfort but will inevitably prolong your recovery and therapy as it may hamper your ability to fully extend your knee and activate your thigh muscle.

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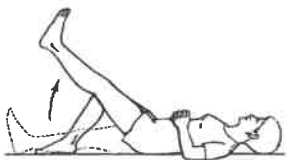
Ice: For the first few days after surgery, icing the affected area every few hours, for 15-20 minutes will help with pain and swelling. Be sure to apply a thin layer of protection between your skin and the ice. A pillowcase works well.

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1. Lie on your back with operated leg straight and opposing leg bent
2. Press the back of your straight knee downward, contracting the top of your thigh muscle
3. Hold this contraction for 3-5 seconds, breathing normally
4. 8-12 repetitions, 3 times per day



1. Lie on back with operated knee straight and opposing knee bent.
2. Keep the leg completely straight by tightening the thigh muscle, then raise it about 4-6 inches
3. Hold 3-5 seconds and slowly lower
4. 8-12 repetitions, 3 times per day

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1. Lie on your back.
2. Bend your knee until you feel a moderate stretch, hold 5 seconds, slowly release
3. Repeat 8 - 12 times, 3 times per day



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1. Stand in a walking position with the operated leg straight behind you and the other leg bent in front of you. Take support from a wall or chair.
2. Keep the back heel flat and your toes pointing forward
3. Lean your body forward and down until you feel the stretching in the calf of the straight leg
4. Hold approx. 30 secs. - relax.
5. Repeat 2 times, 3 times per day



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This is a great position to ice your knee as it will also promote extension

1. Place ice pack over your knee
2. Sit with leg propped as shown
3. Relax letting the leg straighten

Try maintaining this stretch for a few minutes, if it becomes too uncomfortable support your entire leg for the remainder of the icing period (15-20 minutes)



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You may be using an assistive device for a few days post surgery (i.e. crutches or cane). If you are using a cane or 1 crutch, it should be in the hand opposite your surgical knee.

A few tips for a successful gait pattern:

1. Have a tall yet relaxed posture
2. Strike your heel down, followed by rolling off your toe
3. Lengthen and equalize your stride
4. Let your arms swing naturally