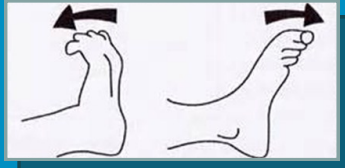


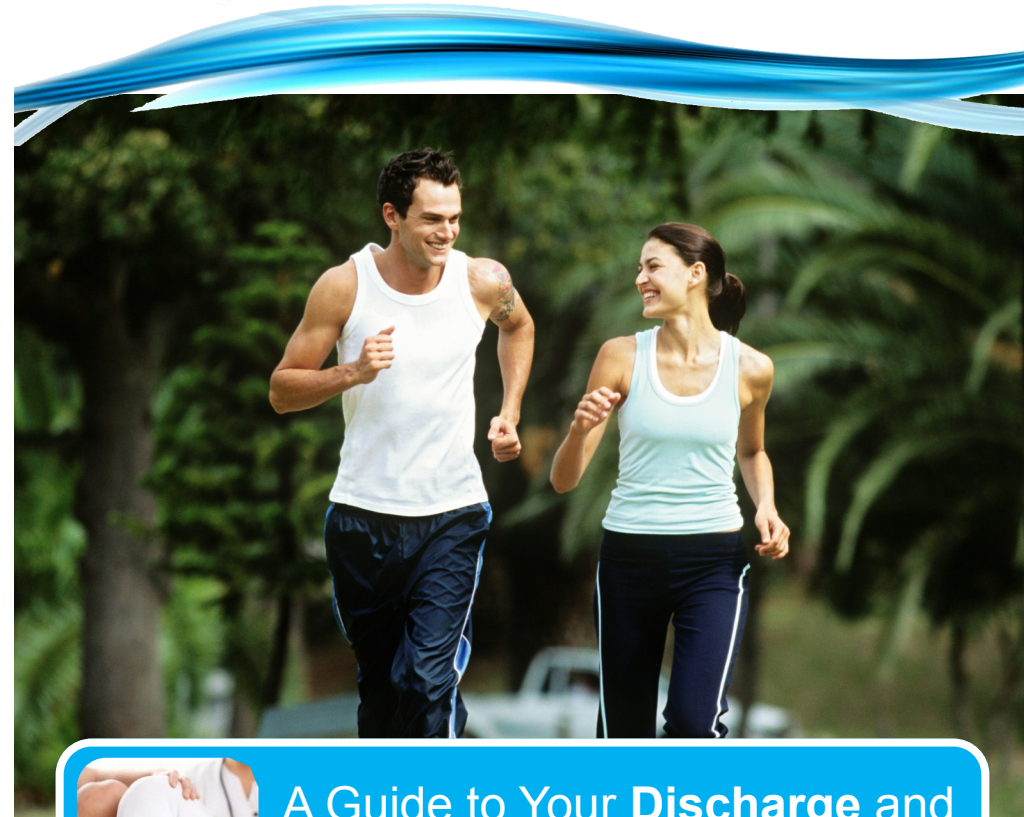
ANKLE EXERCISES

- ◆ Move your ankle up and down
- ◆ Wiggle your toes after surgery to improve circulation and help prevent blood clots
 - ◆ Bend both your ankles up, pulling your toes toward you
- ◆ Bend both your ankles down, pointing your toes away from you
- ◆ In addition, rotate your feet clockwise and counter-clockwise, keeping your toes pointed toward the ceiling



KNEE ARTHROSCOPY

...after the procedure



1902 S. Highway 59 * Parsons, Kansas 67357
(620) 421-4881 * www.labettehealth.com



A Guide to Your **Discharge and Recovery Process**

Medications

- ◆ A prescription for pain medications will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- ◆ You may also take over-the-counter Ibuprofen for pain in addition to your prescription **UNLESS** you are allergic, have stomach ulcers or kidney failure.
- ◆ You will need to take Aspirin (325mg) by mouth daily with meals for two weeks after surgery to prevent blood clots **UNLESS** you are allergic, have stomach ulcers or kidney failure.

Activities

- ◆ If your physician feels that you may need crutches, we will provide a pair for you upon dismissal.
- ◆ There is no harm done in putting full weight on your knee immediately. You are encouraged to try to walk as smoothly as possible. You may use crutches, but most find these are not necessary after the first few days. Use pain medications if you experience some discomfort. Do not do any strenuous activities such as running or jumping until your physician clears you for it.

Swelling

- ◆ Keep your leg elevated as much as possible for the first few days after surgery.
- ◆ Apply ice for 30 minutes using your polar care **three times daily** after

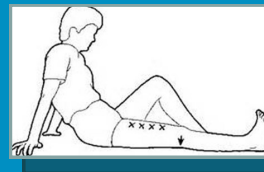
Incision Care

- ◆ Clean incisions daily with rubbing alcohol.
- ◆ You may remove your dressing the day after your surgery.
- ◆ It is OK to shower and rinse off with soap and water.
- ◆ Do not soak your knee in a bathtub or whirlpool.
- ◆ Do not remove the steri-strips. Your doctor may remove them at your follow-up visit.
- ◆ Despite the greatest care, any wound can become infected. Contact your physician immediately if you run a fever, if your wound becomes sorer rather than less pain as days go by, becomes swollen, reddened or shows pus or red streaks.

Exercise

- ◆ The large thigh muscle will shrink in size and strength rapidly unless you exercise it. The best exercises are *isometric* and *straight leg raises*.

Do each of the following exercises three times daily, for a total of 15-20 minutes each exercise session and completing 3 sets of 10.



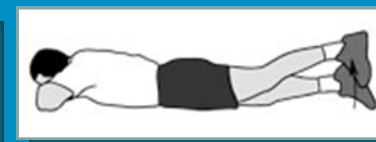
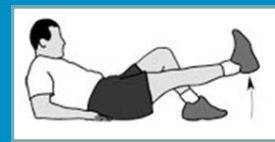
ISOMETRIC

Straighten your knee and clench thigh muscle tight for 5 seconds, then relax.

STRAIGHT LEG RAISE

These exercises are done by first lying on your back, then stomach and finally side. For each Straight Leg exercise:

- ◆ Lift your leg 6-10 inches (keeping knee locked)
 - ◆ Hold for 5 seconds
- ◆ Slowly lower and repeat 10 times



FLEXION AND EXTENSION

Start bending and stretching your knee the day after surgery and increase bending until full motion has returned.

Prolonged Knee Stretch

- ◆ Sit on a chair
- ◆ Bend your knee back as much as you can
- ◆ Scoot your body forward on the chair to increase the stretch
- ◆ Hold for 15 seconds



Knee Straightening Stretch

- ◆ Work on straightening your involved knee.
- ◆ Sit in a sturdy chair with your heel on another chair or footstool in front of you
- ◆ You should feel a stretch on the back of your knee
- ◆ You can do thigh squeezes while you sit in this position to increase the stretch



An appointment will be made for you prior to you leaving the hospital OR you will be given instructions on how/when to schedule your follow-up appointment.