



## **KNEE MENISCUS REPAIR POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE**

*The following information is to help make your recovery as smooth and rapid as possible.*

1. Keep your knee elevated as much as possible for the next few days.
2. Keep your dressing on for the first three days after surgery; after that you may change the dressing if you wish. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. Keep the wounds dry until your first visit after surgery.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
4. Use your cold therapy unit as directed until you are seen in the office.
5. You may walk with your crutches allowing your operated leg to touch the floor only. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe.
6. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in the office within the week for follow-up. Please call our office listed below if you have any questions or concerns.
9. You may have been provided with a post-operative brace. If so, please wear it and use crutches at all times. Your provider will review the weight bearing restrictions and range of motion precautions with you.



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#### Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. While the leg is elevated, you may also bend your ankle so your foot moves up and down or in circles. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



#### Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



#### Straight Leg Raise - Flexion

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



#### Straight Leg Raise - Adduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



#### Straight Leg Raise - Abduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



#### Straight Leg Raise - Extension

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



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### **Assisted Knee Flexion**

While seated, use your "good" foot to gently guide you as you bend and straighten your operative knee. Only bend as much as is comfortable for you. This may be done periodically during the day.



### **Calf Stretch**

Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Do this 4-6 times per day.