



## KNEE PLICA EXCISION 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 three days. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. After 3 days, the bandages may be removed and the wounds covered with clean dressings. 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. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. You may rest your foot on the ground for balance only.
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 a week for follow-up. Please call our office listed below if you have any questions or concerns.



### KNEE PLICA EXCISION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE



#### 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.



## **KNEE PLICA EXCISION POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE**



### **Ankle Pumps/Circles**

Move your foot up and down, or in circles, from the ankle. This may be done while you are doing the Heel-Leg Prop. Repeat 4-8 times per 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.