



Name: _____

Date: _____

POST PROCEDURE PROTOCOL FOR KNEE PROCEDURES

- **No NSAIDS** such as Advil, Motrin, ibuprofen, Naprosyn, and Aleve x 2 weeks
 - **Pain:** Tylenol for mild pain and if needed use mild narcotic provided.
 - **Bracing:** Use brace during sleep the first 3 nights if able. Sleep is more important so if you cannot sleep and use the brace, feel free to remove it.
 - **Driving restrictions:** No driving until out of knee locking brace and can safely move foot from gas to brake and brake strongly. If the left leg, must be able to safely use the clutch.
 - **Work restrictions:** Depends on duration of weightbearing restrictions
 - **Exercise restrictions:** 2 weeks relative rest followed by 4 weeks progressive PT. **No running, jumping, cutting, lunges or deep squats until 8 weeks.**
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- Use crutches for _____ days, non-weight-bearing for _____ days
 - Start partial weight bearing **WITH** knee brace/crutches from days _____
 - Use hinged knee brace locked out for 2 days, then set for ___ - ___ degrees till end of the first week then advance to ___ - ___ degrees till end of week 2
 - Use unloader brace for 6 weeks consistently whenever on your feet
 - Come out of brace for simple non-weight bearing range of motion and gentle isometrics (straight leg quad contractions) 1-2 times daily after the first 2 days of continuous brace wear. Goal is full ROM by 2 weeks
 - f/u for PT in 5-7 days

Activities: In general, with strength and activities, keep pain level below 4/10.

First 2 Weeks:

- Strengthening/Motion:** Isometrics are always good. Non weightbearing and passive range of motion is good too. Try to get full range of motion by 2 weeks.
- Walking:** No hiking. May walk on flat ground initially (use crutches if directed above) for 10-15 minutes. If this goes well, may walk 5 minutes longer the next day.
- Cycling:** May gently ride a stationary bike for 15 minutes after week 1. Exertion level 1-3/10.
- Swimming:** Use pull buoy alternating with easy kicking (exertion 1-2/10) after week 1.

Weeks 2-4:

- Strengthening/Motion:** Start gentle low load closed chain concentric/eccentrics.
- Walking:** May begin gentle hiking (no more than 30 minutes).
- Cycling:** May ride up to 30 minutes. No getting out of the saddle til after week 3. Exertion level 4-6/10.
- Swimming:** May increase kicking intensity (exertion 3-6/10) to alternating with pull buoy. No more than ½ -1 mile.

Weeks 4-6:

- Strengthening/Motion:** Progress to moderate load, progressive strengthening.
- Walking:** May progress to longer hikes up to 60 minutes, still no big stepups.
- Cycling:** May ride 60 minutes. May get out of the saddle. Exertion level 7-9/10 during intervals.
- Swimming:** May swim up to 1-2 miles with normal exertion level. Still encourage breaks with buoy.