



# ORTHOPEDIC PARTNERS

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Kenneth Paonessa, M.D.  
Michael Halperin, M.D.  
Gabriel Abella, M.D.  
Mohammad Pasha, M.D.  
Tarik Kardestuncer, M.D.  
Ammar Anbari, M.D.  
Nicole Arcand, M.D.  
Scott Stanat, M.D.  
R. Justin Thoms, M.D.

Steven Wei, M.D.  
Jonathan Puposar, M.D.  
Emily Vafek, M.D.  
Nimit Patel, M.D.  
Peter Wagner, M.D.  
Oksana Zhivotenko, D.O.  
Daniel George, M.D.  
Biren Chokshi, M.D.

Erik Frazier, MHA, CEO

Jonathan R. Puposar, MD

## **Knee Manipulation**

Post-Operative Instructions

### **Pain Control and Ice**

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- A pain medication prescription was sent to your pharmacy
- You should expect to experience minimal to moderate knee discomfort for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few days following the surgery and then can switch to over-the counter medications such as Tylenol, Advil, or Ibuprofen.
- Ice bags and elevation should be utilized to decrease swelling and pain. Ice should be applied to the knee up to three times a day for 20 minute periods until swelling subsides

### **Rehabilitation/ General Post-Op Care**

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- You will be able to put as much weight as you can tolerate on your leg utilizing crutches.
- *Start physical therapy immediately for 4-5x per week x 4 weeks*
- Your first post-op appointment is 10-14 days following surgery. This is usually scheduled at your pre-operative visit. If not, then please call the office to schedule
- You may drive once you establish control of your operative extremity. If your right knee was operated on, this may take approximately 3-5 days to achieve. You may not drive under influence of pain medication.
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling and participate in your home exercise program. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

## Early Post-Operative Exercises

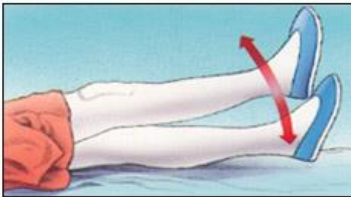
*Start the following exercises as soon as you are able. You can begin these in the recovery room shortly after surgery. You may feel uncomfortable at first, but these exercises will speed your recovery and actually diminish your post-operative pain.*

**Repetitions per set: 20**

**Sets of each exercise: 3**

**Sets per day: 3**

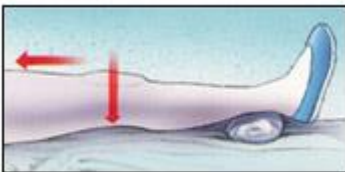
**Quad Sets** - Tighten your thigh muscle. Try to straighten your knee. Hold for 5 to 10 seconds.



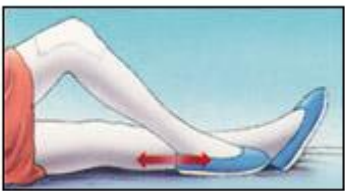
***Straight Leg Raises*** - Tighten the thigh muscle with your knee fully straightened on the bed, as with the Quad set. Lift your leg several inches. Hold for 5 to 10 seconds. Slowly lower.



***Ankle Pumps*** - Move your foot up and down rhythmically by contracting the calf and shin muscles. Perform this exercise periodically for 2 to 3 minutes, 2-3x an hour in the recovery room. Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.



***Knee Straightening Exercises*** - Place a small rolled towel just above your heel so that it is not touching the bed. Tighten your thigh. Try to fully straighten your knee and to touch the back of your knee to the bed. Hold fully straightened for five to 10 seconds.



***Bed-Supported Knee Bends*** - Bend your knee as much as possible while sliding your foot on the bed. Hold your knee in a maximally bent position for 5 to 10 seconds and then straighten.

