

# KNEE RECONSTRUCTION EXERCISES/ACTIVITY

DURING THE FIRST 1-2 WEEKS

BEGIN IMMEDIATELY AFTER SURGERY:

1. Passively extend the reconstructed knee for 10 minutes every hour while awake. This is best accomplished by placing your heel/foot on a rolled-up pillow or the arm rest of the couch. Keep the CryoCuff on during this exercise.
2. Try to lift your leg using your own muscles. You should do this every hour around the time you are doing the knee extension exercise. If you need help lifting your leg (not uncommon during the first few days), you may use your other leg for assistance by putting the uninvolved foot under the reconstructed-side foot. Continue to try to tighten your quadriceps muscle and lift your leg. It is okay to lift your leg with your knee in a bent (flexed) position.
3. Three to four times a day at mealtimes (begin the day after surgery), take the CryoCuff off and sit up at the side of the bed or in a chair to allow your knee to bend to 90 degrees (right angle). If you are in a chair, you may use the ground for support and slowly pull your leg back so the knee bends to a right angle. When in this position, do approximately 10 to 20 active leg extensions from 90 to 45 degrees. After sitting up for 10-15 minutes, get back in bed (or on the couch/recliner) and keep your leg elevated.
4. Keep your leg/knee elevated above or at the level of your heart as much as possible during the first 7 to 10 days (95% of the time).
5. When you are up to the bathroom or kitchen, you can place your full weight on the reconstructed side. Use your crutches for balance and the CryoCuff and immobilizer for support. You should walk heel to toe (heel first).
6. You may change your knee dressing the day after surgery and then as needed thereafter. Place a dry 4x4 gauze dressing (sent home with you from the hospital) over the taped incision and use the stocking to hold the dressing in place. Use the opposite side stocking as a spare. You may shower after 3 days, placing a bag over the knee so it does not get wet. Be careful, and have someone help you.
7. You will be given both a pain medicine and an anti-inflammatory medicine. You may take them as instructed. Even when your knee is painful, you must still do your exercises so take your medicine as instructed.

**SIDE EFFECTS OF ANESTHESIA:** You may experience nausea, sore throat, and drowsiness. A responsible adult should be with you for the next 24 hours. Rest quietly for the remainder of the day. **DO NOT** drink alcohol for the next 24 hours or while taking any pain medications. **DO NOT** drive a car, make any legal decisions or operate machinery for 24 hours after having anesthesia or sedation.

Instructions Given By: \_\_\_\_\_ Date: \_\_\_\_\_

Discharged to: \_\_\_\_\_

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