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McLean, VA 22102
(571) 899-3590

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Bethesda, MD 20817
(301) 530-1010

KNEE ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS

WOUND CARE:

WHAT IS COVERING MY KNEE?

YOUR KNEE IS COVERED IN LAYERS: THE DEEPEST LAYER CONSISTS OF SMALL STERILE TAPES CALLED STERI-STRIPS OR STITCHES THAT COVER THE PORTALS. ON TOP OF THAT IS A SMALL STRIP OF VASELINE GAUZE. THEN COME GAUZE PADS AND FINALLY AN ACE WRAP.

WHEN DO I REMOVE MY DRESSINGS AND WHAT DO I TAKE OFF?

ON THE THIRD DAY AFTER SURGERY, YOU MAY REMOVE THE ACE WRAP, THE GAUZE PADS AND THE VASELINE STRIP, BUT DON'T PULL THE STERI-STRIPS OFF UNLESS THEY INADVERTENTLY COME OFF WITH EVERYTHING ELSE. IF THE STERI-STRIPS ARE STILL ON, IT IS NORMAL FOR THEM TO BE BLOOD ENCRUSTED. YOU CAN COVER THEM WITH BAND-AIDS AND CHANGE THE BAND-AIDS DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE. IF THE STERI-STRIPS HAVE FALLEN OFF WHEN THE DRESSING HAS BEEN REMOVED, THAT IS OK BECAUSE YOU DID NOT PULL THEM OFF. IN THIS SITUATION, COVER THE ACTUAL PORTALS WITH BAND-AIDS AND CHANGE DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE.

WHEN CAN I SHOWER?

YOU MAY SHOWER ON THE THIRD POST-OPERATIVE DAY BY WRAPPING YOUR KNEE WITH SARAN WRAP JUST PRIOR THE SHOWER AND REMOVING IT AFTER THE SHOWER. DO NOT IMMERSE THE LEG IN A BATHTUB AND DO NOT SCRUB THE LEG!! DO NOT TAKE A BATH UNTIL AFTER THE FIRST POST-OPERATIVE VISIT!

ICE: KNEE SWELLING IS EXPECTED! WE SUGGEST THAT YOU APPLY ICE TO THE FRONT PORTION OF THE KNEE ON TOP OF THE ACE BANDAGE FOR THE FIRST THREE DAYS 20 TO 30 MINUTES EVERY FEW HOURS. THE ICE SHOULD BE SEALED IN A PLASTIC BAG AND THE BAG PLACED IN A TOWEL TO KEEP THE DRESSING DRY.

MEDICATIONS:

TAKE YOUR PAIN MEDICATION AS NEEDED. IF YOUR PAIN IS LESS SEVERE, YOU CAN TAKE IBUPROFEN (OVER THE COUNTER) INSTEAD OF YOUR NARCOTIC PAIN MEDICATION.

IF YOU HAVE ANY UNUSUAL SYMPTOMS SUCH AS RASHES, ITCHINESS OR DIARRHEA, PLEASE DISCONTINUE THE MEDICATION AND CALL OUR OFFICE OR YOUR MEDICAL DOCTOR. GI DISCOMFORT AND NAUSEA ARE NOT UNUSUAL WITH PAIN MEDICATION AND ANTIBIOTICS, BUT PLEASE CALL IF YOU ARE NOT ABLE TO DRINK OR EAT BY THE NIGHT OF SURGERY.

POST-OPERATIVE EMERGENCIES & CONCERNS:

HEART, LUNG, CALF PROBLEMS: IF YOU DEVELOP CHEST PAIN, SHORTNESS OF BREATH OR SIGNIFICANT CALF PAIN, YOU MUST GO TO THE NEAREST EMERGENCY ROOM.

BLEEDING OR DRAINAGE : SOME BLEEDING AND DRAINAGE IS EXPECTED. IF THE ACE BANDAGED BECOMES STAINED, APPLY ANOTHER ONE ON TOP (NOT TOO TIGHT). IF THIS DOESN'T WORK AND YOU THINK THAT THE DRAINAGE IS EXCESSIVE...CALL THE OFFICE.

FEVER: IF YOU HAVE A TEMPERATURE GREATER THAN 101 DEGREES ON MORE THAN ONE READING 48 HOURS OR MORE AFTER SURGERY...CALL THE OFFICE.

SWELLING : SWELLING, NUMBNESS, COLDNESS AND TINGLING IN THE FOOT ARE USUALLY AN INDICATION THAT THE ACE BANDAGE IS TOO TIGHT. LOOSEN IT AND ELEVATE YOUR LEG. IF THIS DOES NOT REDUCE YOUR SWELLING...CALL THE OFFICE.

UNRELENTING PAIN: IF SEVERE PAIN REMAINS 48 HOURS AFTER SURGERY...CALL THE OFFICE.

ANSWERING SERVICES, CELL PHONES AND BEEPERS ARE NOT PERFECT. IF YOU CAN'T REACH DR. PANDARINATH'S OFFICE OR YOUR MEDICAL DOCTOR, YOU SHOULD GO TO THE EMERGENCY ROOM!!

GOING TO THE BATHROOM:

TYPICALLY, PATIENTS WILL HAVE URINATED PRIOR TO LEAVING THE HOSPITAL. IF YOU FIND IT DIFFICULT TO URINATE WHEN YOU ARE AT HOME BY THE EVENING HOURS, PLEASE CALL US OR SIMPLY GO TO THE EMERGENCY ROOM. THIS IS TRUE FOR PATIENTS WITH OR WITHOUT A HISTORY OF PROSTATE DISEASE OR BLADDER PROBLEMS.

WHEN CAN I PUT WEIGHT ON MY LEG? WHEN CAN I GET RID OF MY CRUTCHES, CANE OR WALKER?

YOU CAN PUT AS MUCH WEIGHT ON YOUR LEG AS YOU CAN TOLERATE. THE CRUTCHES, CANE OR WALKER ARE TO HELP YOU IN THAT REGARD. WHEN YOU ARE COMFORTABLE, YOU MAY DISCONTINUE THE USE OF THESE DEVICES. THE TYPICAL TIME FRAME IS 2-5 DAYS.

HOW CAN I GO UP AND DOWN STAIRS?

YOU CAN DO THIS "NORMALLY" OR SLIDE UP AND DOWN ON YOUR BUTTOCKS.

POST-OPERATIVE HOME EXERCISES

DR. PANDARINATH'S OFFICE WILL ENROLL YOU IN A PROGRAM CALLED LIMBER. THIS PROVIDES STEPWISE EXERCISES THAT YOU CAN DO AT HOME TO AID IN YOUR RECOVERY. YOU WILL RECEIVE A TEXT AND OR EMAIL TO YOUR PROVIDED CONTACT INFORMATION THAT EXPLAIN HOW TO ENROLL. SOME INSURANCES MAY HAVE A COPAY OR FEE, OTHERS ARE COMPLETELY COVERED AT NO COST TO YOU. A PATIENT NAVIGATOR FROM LIMBER WILL CONTACT YOU, AND A BRIEF SUMMARY SHEET ON THE APP IS INCLUDED IN YOUR DISCHARGE PAPERWORK

IMMEDIATELY AFTER SURGERY, YOU MAY BEGIN THE EXERCISES PROVIDED IN YOUR HOME PACKET. PLEASE DO NOT DO ANY EXERCISES THAT CAUSE MORE THAN MILD TO MODERATE PAIN.

WHEN DO I BEGIN PHYSICAL THERAPY?

AFTER THE FIRST POST-OPERATIVE VISIT OR WHEN DEEMED APPROPRIATE BY DR. PANDARINATH.

WHEN CAN I DRIVE?

YOU CAN DRIVE WHEN YOUR ARE COMFORTABLE TO USE THE BRAKE AND GAS PEDAL AND BE OFF ALL PAIN MEDICATION. **DO NOT DRIVE UNDER THE INFLUENCE OF YOUR POST-OPERATIVE PAIN MEDICATION!**

IS THERE A RESTRICTION ON SEXUAL ACTIVITY?

NO

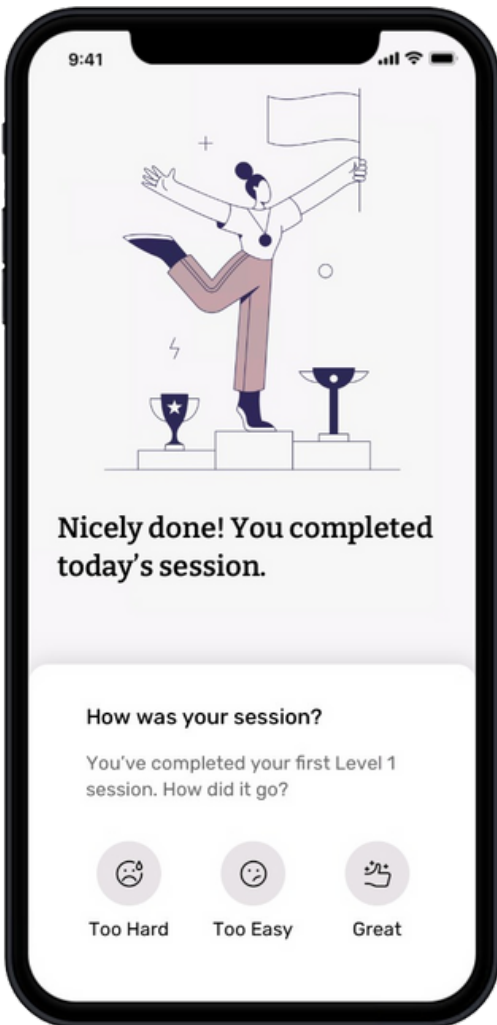
OTHER QUESTIONS...GIVE US A CALL.



**ALIGNED
ORTHOPEDIC
PARTNERS**

Welcome to Limber Health.

Your At-Home Exercise Therapy
with Remote Care Support.



Aligned Orthopedic Partners have reserved a spot for you to join the Limber Health For Patients app.

The user-friendly app supports you in staying on track with your prescribed home-exercise regimen by offering:



Customized Exercise Video Programs

Exercise with video demonstrations and verbal coaching.



Exercise On Your Schedule

Perform sessions in the comfort and convenience of your own home.



Continuous Support

Chat securely with your dedicated Remote Care Navigator who will answer any of your questions.



We're here for you every step of the way.

Call (240) 630-5765

or email us at support@limberhealth.com.



**ALIGNED
ORTHOPEDIC
PARTNERS**

Your At-Home Exercise Journey Begins Here.

STEP 1

You should have received an email titled
'Create Your Limber Account.'

STEP 2

Open the email on your mobile device or
tablet and click 'Download the Limber app'
to visit the app store.

STEP 3

Download the "Limber Health for Patients"
app. Or scan here to download!

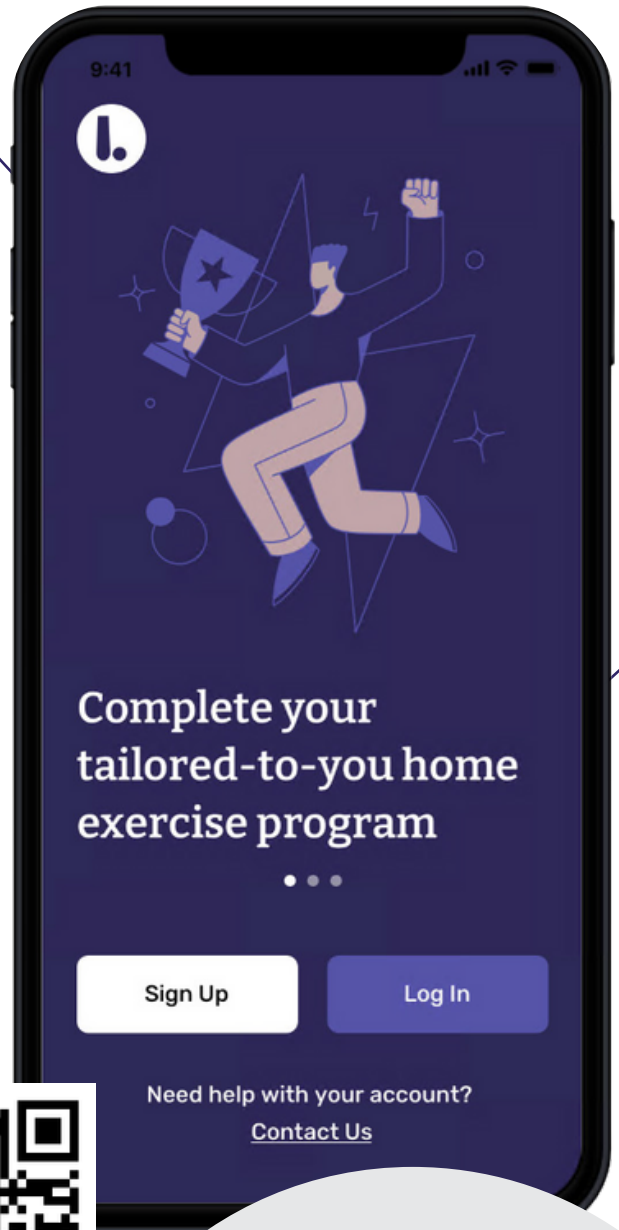
STEP 4

Open the app to complete your registration
and initial assessment, which will help us best
support you during your program.

STEP 5

Get started with your home-exercise program!

That's it! Try sending a chat through the app
and your dedicated Remote Care Navigator
will be in touch.



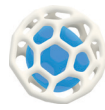
**We're here for you every
step of the way.**

Call

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or email us at
support@limberhealth.com.





Prepared for: _____

Prepared by: _____

Knee Conditioning Program

Purpose of Program

After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities.

This is a general conditioning program that provides a wide range of exercises. To ensure that the program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.

Strength: Strengthening the muscles that support your knee will reduce stress on your knee joint. Strong muscles help your knee joint absorb shock.

Flexibility: Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury. Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible.

Target Muscles: The muscle groups targeted in this conditioning program include:

- Quadriceps (front of the thigh)
- Hamstrings (back of the thigh)
- Abductors (outer thigh)
- Adductors (inner thigh)
- Gluteus medius and gluteus maximus (buttocks)

Length of program: This knee conditioning program should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your knees. Performing the exercises two to three days a week will maintain strength and range of motion in your knees.

Getting Started

Warmup: Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle.

Stretch: After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program.

Do not ignore pain: You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising.

Ask questions: If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist.



Knee Conditioning Program

STRETCHING EXERCISES

1. Heel Cord Stretch

Repetitions

2 sets of 4

Days per week

6 to 7

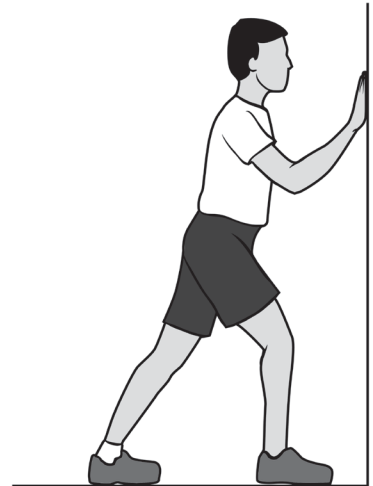
Main muscles worked: Gastrocnemius-soleus complex
You should feel this stretch in your calf and into your heel

Equipment needed: None

Step-by-step directions

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat.

Tip Do not arch your back.



2. Standing Quadriceps Stretch

Repetitions

2 to 3

Days per week

4 to 5

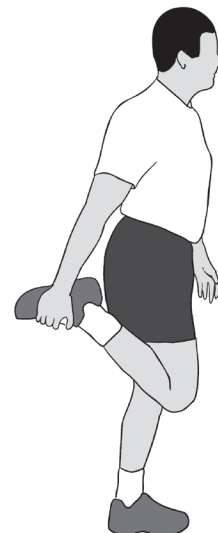
Main muscles worked: Quadriceps
You should feel this stretch in the front of your thigh

Equipment needed: None

Step-by-step directions

- Hold on to the back of a chair or a wall for balance.
- Bend your knee and bring your heel up toward your buttock.
- Grasp your ankle with your hand and gently pull your heel closer to your body.
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.

Tip Do not arch or twist your back.





Knee Conditioning Program

STRETCHING EXERCISES

3. *Supine Hamstring Stretch*

Repetitions
2 to 3

Days per week
4 to 5

Main muscles worked: Hamstrings

You should feel this stretch at the back of your thigh and behind your knee

Equipment needed: None

Step-by-step directions

- Lie on the floor with both legs bent.
- Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee.
- Straighten your leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.



Tip
Do not put your hands at your knee joint and pull.



Knee Conditioning Program

STRENGTHENING EXERCISES

4. Half Squats

Repetitions

3 sets of 10

Days per week

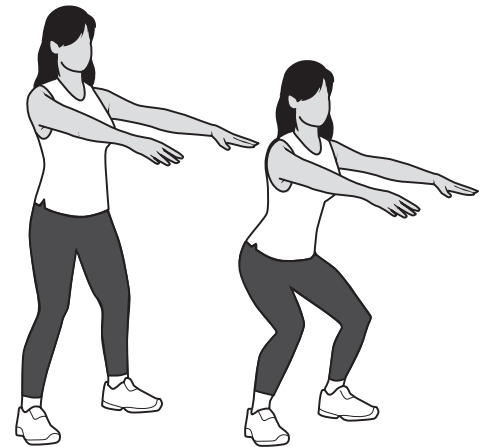
4 to 5

Main muscles worked: Quadriceps, gluteus, hamstrings
You should feel this exercise at the front and back of your thighs, and your buttocks

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by holding hand weights. Begin with 5 lb. weights and gradually progress to a greater level of resistance, up to 10 lb. weights.

Step-by-step directions

- Stand with your feet shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance.
- Keep your chest lifted and slowly lower your hips about 10 inches, as if you are sitting down into a chair.
- Plant your weight in your heels and hold the squat for 5 seconds.
- Push through your heels and bring your body back up to standing.



Tip Do not bend forward at your waist.

5. Hamstring Curls

Repetitions

3 sets of 10

Days per week

4 to 5

Main muscles worked: Hamstrings
You should feel this exercise at the back of your thigh

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Hold onto the back of a chair or a wall for balance.
- Bend your affected knee and raise your heel toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax. Repeat.



Tip Flex your foot and keep your knees close together.



Knee Conditioning Program

STRENGTHENING EXERCISES

6. Calf Raises

Repetitions

2 sets of 10

Days per week

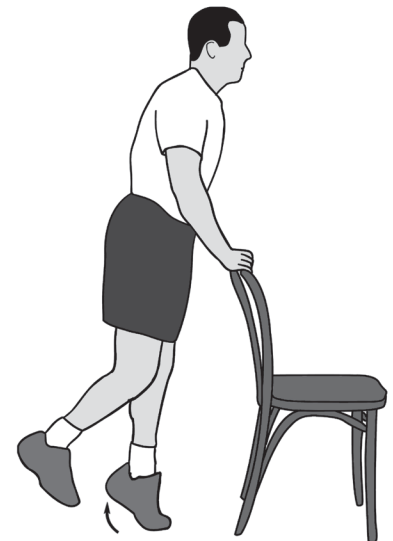
6 to 7

Main muscles worked: Gastrocnemius-soleus complex
You should feel this exercise in your calf

Equipment needed: Chair for support

Step-by-step directions

- Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot.
- Raise the heel of your affected foot as high as you can, then lower.
- Repeat 10 times.



Tip Keep your weight centered on the ball of your working foot.

7. Leg Extensions

Repetitions

3 sets of 10

Days per week

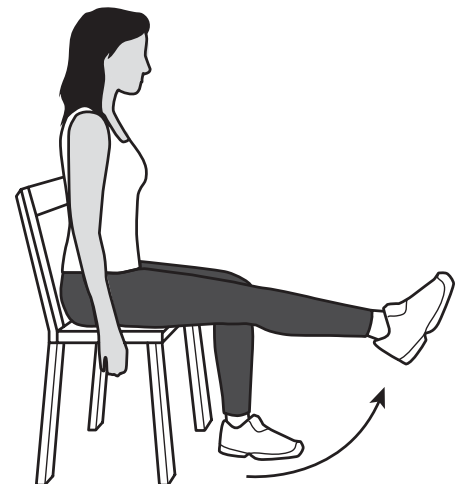
4 to 5

Main muscles worked: Quadriceps
You should feel this exercise at the front of your thigh

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Sit up straight on a chair or bench.
- Tighten your thigh muscles and slowly straighten and raise your affected leg as high as possible.
- Squeeze your thigh muscles and hold this position for 5 seconds. Relax and bring your foot to the floor. Repeat.



Tip Do not swing your leg or use forceful momentum to lift it higher.



Knee Conditioning Program

STRENGTHENING EXERCISES

8. Straight-Leg Raises

Repetitions

3 sets of 10

Days per week

4 to 5

Main muscles worked: Quadriceps

You should feel this exercise at the front of your thigh

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Lie on the floor with your elbows directly under your shoulders to support your upper body.
- Keep your affected leg straight and bend your other leg so that your foot is flat on the floor.
- Tighten the thigh muscle of your affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax and bring your leg to the floor. Repeat.



Tip Do not tense up in your neck and shoulders.

9. Straight-Leg Raises (Prone)

Repetitions

3 sets of 10

Days per week

4 to 5

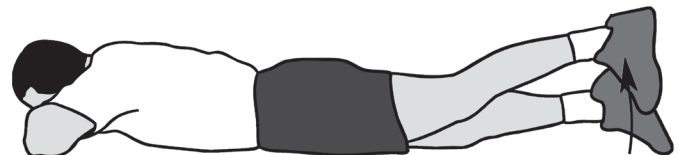
Main muscles worked: Hamstrings, gluteus

You should feel this exercise at the back of your thigh and into your buttock

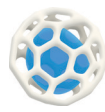
Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Lie on the floor on your stomach with your legs straight. Rest your head on your arms.
- Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can.
- Hold this position for 5 seconds.
- Lower your leg and rest it for 2 seconds. Repeat.



Tip Keep your pelvic bones on the floor.



Knee Conditioning Program

STRENGTHENING EXERCISES

10. Hip Abduction

Repetitions

3 sets of 20

Days per week

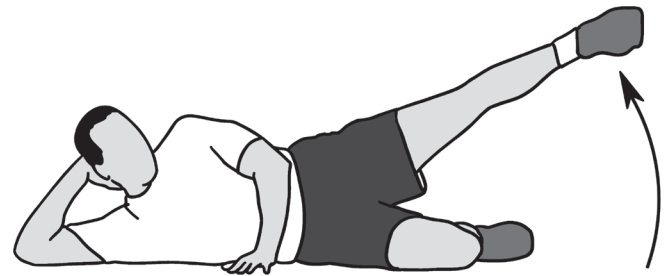
4 to 5

Main muscles worked: Abductors, gluteus
You should feel this exercise at your outer thigh and buttock

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight.

Step-by-step directions

- Lie on your side with your injured leg on top and the bottom leg bent to provide support.
- Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked.
- Hold this position for 5 seconds.
- Slowly lower your leg and relax it for 2 seconds. Repeat.



Tip Do not rotate your leg in an effort to raise it higher.

11. Hip Adduction

Repetitions

3 sets of 20

Days per week

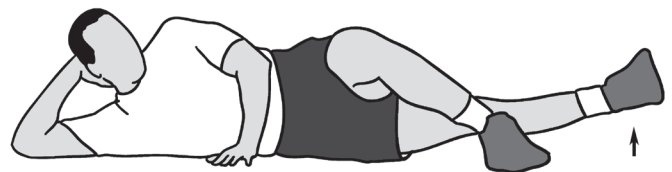
4 to 5

Main muscles worked: Adductors
You should feel this exercise at your inner thigh

Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight.

Step-by-step directions

- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg 6 to 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.



Tip Place your hand on the floor in front of your stomach for support.



Knee Conditioning Program STRENGTHENING EXERCISES

12. Leg Presses

Repetitions

3 sets of 10

Days per week

4 to 5

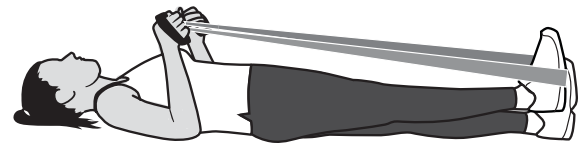
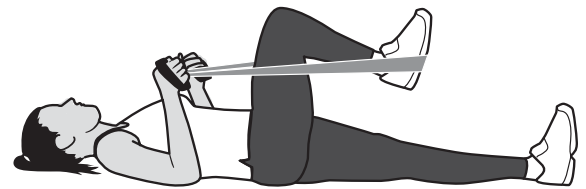
Main muscles worked: Quadriceps, hamstrings

You should feel this exercise at the front of your hip, and the front and back of your thigh

Equipment needed: This exercise is best performed using an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, gradually increase the level of resistance. Do not use ankle weights with this exercise. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

Step-by-step directions

- Place the center of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the floor with your elbows bent.
- Tighten the thigh muscle of your affected leg and bring your knee toward your chest.
- Flex your foot and slowly straighten your leg directly in front of you, pushing against the elastic band.
- Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat.



Tip Keep your abdominals tight throughout the exercise.