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Post-Operative Equipment

- **Brace**: You will be provided a brace for your knee on the day of surgery. The range of motion will be set to a specific degree in the operating room by the surgeon. You will be most comfortable wearing loose clothing that the brace can go under, or shorts, skirts or leggings. The amount of time that you will need to wear the brace will be determined and communicated to you at surgery in your surgery folder

- **Crutches**: Following surgery, you may use your own crutches or if needed a pair will be provided to you. Weight-bearing status and duration of crutch use will vary by procedure.

- **Cold Therapy**: This is a optional service. Cold therapy options may include but are not limited to: GameReady, IceMan, Breg Polar Care etc.

  Place a post-op blue towel or a kitchen towel between the pad and your skin to avoid a "cold burn." **NEVER LET THE COLD PAD TOUCH THE SKIN!** Use the cold pad 30 minutes on and 30 minutes off as much as possible for 2-3 days immediately following surgery. Then use the cold pad 2-3 times per day after that for the next few weeks. Start using the compression function with the cold pad 24-48 hours after surgery. Place it on the medium setting.

- **Continuous Passive Motion (CPM) Machine**: It is designed to passively move your knee to help prevent scar tissue from forming. It should be relatively pain free to use.

  It should start at 0-30 degrees of flexion and you should advance the flexion by 5 degrees per day as tolerated up to 120 degrees max when you are at full range. You will use it 1-2 hours at a time, 2-3 times per day for a total of 4-6 hours for 3 weeks.

Other tips:

- **Showering**: You will be safest to have a shower chair or stool for the first 2-3 weeks after surgery. These are available at Walgreens for about $20. Get into the shower and sit down, then remove brace to shower. Once you are dry, replace the brace and use crutches or a family member to help you out of the shower. The floor can seem very slippery when balancing on one leg.

- **Sleeping**: You should plan to sleep on your back after knee surgery.

KNEE BRACE PROTOCOL

Please use the following schedule to progress your weight bearing and range of motion post-operatively

Stage 1: Weight-Bearing as tolerated WITH crutches and WITH Brace <u>locked in extension</u>
- If Dr. Reddy has allowed you to be *Weight-Bearing As Tolerated* (see your personalized post-operative instruction packet) then you can put as much as 100% of your body-weight on your operative leg safely.
  - This will be painful at first, so the use of crutches is recommended

If you were told to be Non-Weight Bearing or Partial Weight-Bearing, follow those instruction.
Dr. Reddy will discuss when you are able to begin Stage 1 at your first post-op visit

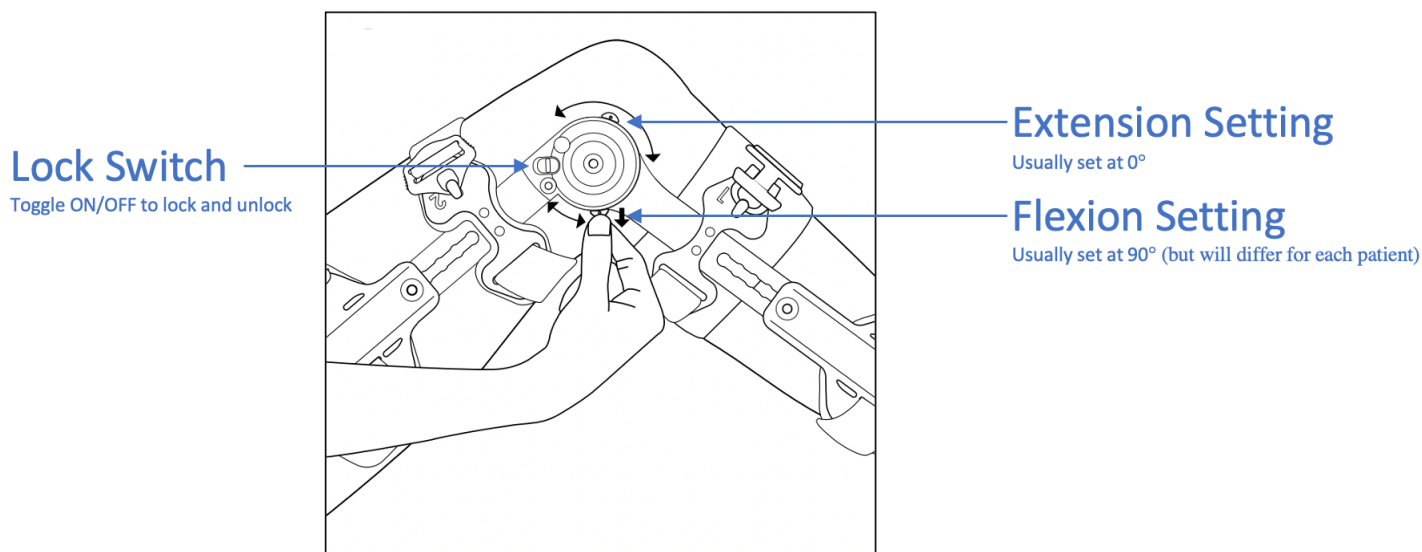Stage 2: Weight-Bearing as tolerated WITH Crutches WITH Brace <u>unlocked</u>
- Once you can perform 10 straight leg raises with the brace unlocked, you are ready to begin walking with the brace unlocked with crutches for added support
- Keep the range of motion settings programmed into the brace (usually 0-90° or 120°)

Stage 3: Weight-bearing as tolerated WITHOUT Crutches WITH Brace <u>unlocked</u>
- Once you are walking comfortably with the brace unlocked, you can wean down to 1 crutch
- Once you are walking comfortably with 1 crutch, you can begin walking with no crutches

Stage 4: Weight-bearing as tolerated WITHOUT Crutches WITHOUT Brace
- This is the final stage
- Once you achieve a normal gait pattern and are able to safely climb and descend stairs, you can begin walking without the use of your brace
- However, if you are going to be in large crowds or on your feet for an extended period of time, it is recommended to wear the brace for up 2 months after surgery to avoid any potential reinjury.

Lock Switch
Toggle ON/OFF to lock and unlock

Extension Setting
Usually set at 0°

Flexion Setting
Usually set at 90° (but will differ for each patient)

Example Brace Settings
Please see your specific model's instruction manual for more detailed instruction