

## **Self-Care & Management**

### **Symptom Management**

#### **1) Goals**

- a) Control swelling and pain
- b) Care for the knee dressing

#### **2) How to Manage your Symptoms**

- a) Ice the best you can with or without the leg elevated above the heart. Support whole leg for comfort. Ice can be with or without elevation, best to do them together
- b) Limit time on your feet, just for using bathroom, eating, dressing/etc. otherwise, legs should be elevated unless working on exercises or the aforementioned activities
- c) Limit time with leg in a dependent position (leg hanging down sitting or standing)
- d) Use prescribed medications if indicated

#### **3) Prescription**

- a) Ice per Game Ready Protocol that was provided if you are using one
- b) Regular ice through the dressing otherwise until the knee feels cold, complete this once per hour
  - i) Complete ice for 15 minutes once dressing is removed after 48 hours
- c) Elevate the leg for as long as tolerated, not necessary to sleep like this, but some people can do well with this. You may elevate without ice with your brace once

### **Brace and Crutches**

#### **1) Goals, How, and Prescriptions**

- a) Brace should remain on and locked as placed after the operation until seen in Physical Therapy
- b) Your Physical Therapist will determine parameters and guide patient through the progressions in treatment
- c) Brace is locked at all times for sleeping, walking, standing
- d) Brace may be unbuckled and opened up under the leg while patient works on their prescribed exercises above if needed, otherwise do them with the brace on
- e) Both crutches will be used at all times while standing and walking
- f) Once dressing is removed after 48 hours, and if you decide to take your first shower, you should sit if you can once in the shower before turning water on, and remove brace prior to turning shower on. Towel off and brace on before getting up and out of the shower using your crutches

## Weight Bearing

### 1) Goals, How, and Prescription

- a) You should use the classic 3-point method for getting around the house, you will learn how much weight to use on the surgical leg in PT and your therapist will guide your progression in treatment
- b) If showering standing up, or standing at the bathroom sink/kitchen counter you may slightly place as much pressure as you can tolerate on a flat foot for balance purposes following the same shower method above (AKA flat foot weight bearing as tolerated)

These rehabilitation guidelines were developed by the Physical Therapists at Collier Sports Medicine and Orthopedic Center. For questions regarding these rehabilitation guidelines, call (239) 593-3501. For questions regarding specifics of your surgery, please call Dr. Guerra's office at (239) 593-3500, please be aware that this information is not intended to replace the care or advice given by your physician or physical therapist. It is neither intended nor implied to be a substitute for professional advice and treatment. Call your health provider immediately if you think you may have a medical emergency. Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any question you may have regarding a medical condition. Copyright 2019 Collier Sports Medicine and Orthopedic Center.



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