

PREPPING FOR SURGERY:

- ◆ Please refrain from any elective dental appointments/procedures that fall between one month prior to surgery and three months after surgery.
- ◆ Avoid any injections into your surgical joint for 3 months prior to surgery
- ◆ Please pick up medications prior to your surgery as they will be needed to take prior to and day of surgery.

EXERCISES IN PREPARATION FOR KNEE SURGERY

MINI WALL SQUAT



- Lean against a wall, feet approximately 12 inches from the wall and spread shoulder distance apart.
- Bend knees to 45 degrees.
- Hold for 5 seconds.
- Return to starting position.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

SEATED KNEE EXTENSION



- Sit against a wall chair or on a firm surface—knees bent.
- Keep a proper curve in the low back as shown.
- Flex left foot upward while straightening knee.
- Repeat stretch with other leg.

Perform 3 sets of 10 repetitions, once a day.

Rest 1 minute between sets.

Perform 1 repetition every 4 seconds.

SEATED KNEE EXTENSION



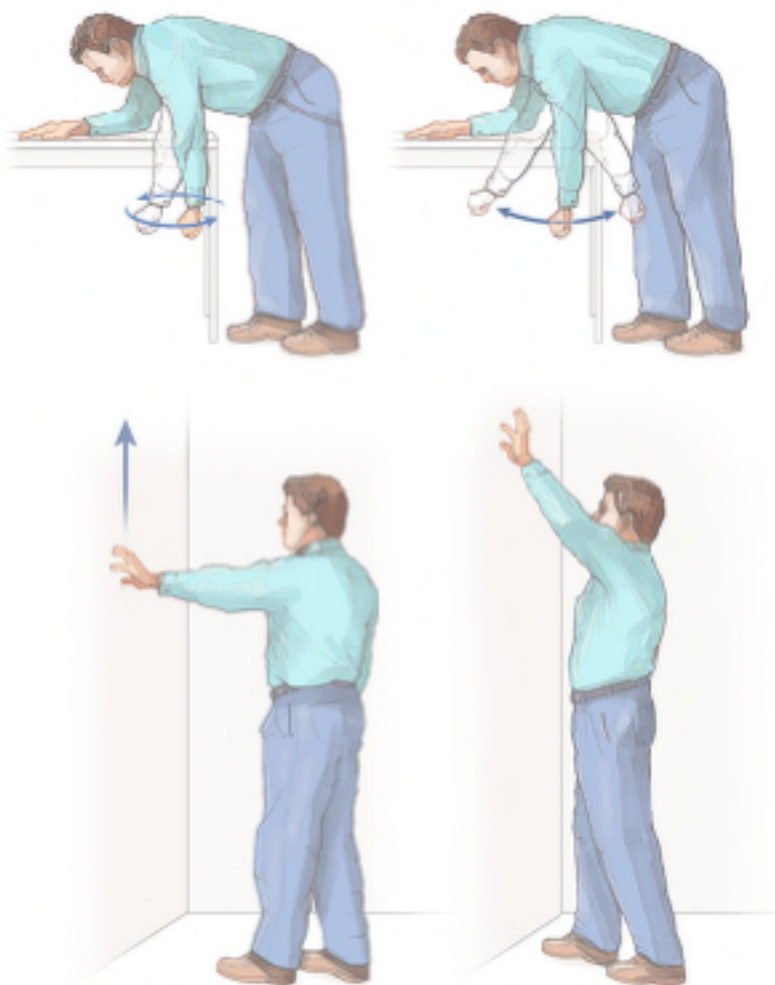
- Sit with your leg extended.
- Tighten quad muscles on front of leg, by pushing the back of the knee downward.

Do not hold your breath.

Perform 1 set of 10 repetitions, once a day.

Hold exercise for 10 seconds.

EXERCISES IN PREPARATION FOR SHOULDER SURGERY



MINIMALLY INVASIVE JOINT REPLACEMENT INSTITUTE

Dr. Sli Ahdoot - Medical Director

PHYSICAL THERAPY

IN-HOME PHYSICAL THERAPY

- ◆ Our team will contact you prior to surgery to arrange your discharge plan.
- ◆ Home Health Services will be set up for 3x/week for 2 weeks or until you are ready to progress into outpatient physical therapy.

OUTPATIENT PHYSICAL THERAPY

- ◆ Our team will help direct you to various outpatient physical therapy locations that may be convenient for you.
- ◆ Our team will provide you with an outpatient physical therapy prescription from our office prior to surgery to begin 2 weeks after your surgery date.
- ◆ Outpatient physical therapy should be set up for 3x/week for 6 weeks.

GOALS TO ACHIEVE BY 2 WEEKS (PARTIAL/TOTAL KNEE REPLACEMENTS)

- ◆ Bend your knee at least 110 degrees (flexion)
- ◆ Straighten knee to 0 degrees (extension)
- ◆ Walk at least 2 blocks without an assistive device
- ◆ Independent with activities of daily living (i.e. showering, dressing, etc.)

MINIMALLY INVASIVE JOINT REPLACEMENT INSTITUTE

Dr. Eli Ahdoot - Medical Director

GOALS TO ACHIEVE BY 2 WEEKS (TOTAL HIP REPLACEMENTS)

- ◆ Walk 2 blocks without an assisted device
- ◆ Independent with activities of daily living (i.e. showering, dressing, etc.)

PRECAUTIONS AFTER HIP REPLACEMENT

- ◆ No crossing your legs at the knees, ankles or ankle over the knee.
- ◆ No twisting/rotating at your hip. You need to avoid positions in which you plant your feet or are sitting and twist your hip (waist) area.
- ◆ No bending at your waist past 90 degrees.
- ◆ *** If you are taller than 5'4", you will be issued a raised toilet seat to help with your personal hygiene after surgery. The raised toilet seat will attach directly to your toilet bowl.

POST OPERATIVE MEDICATIONS

- ◆ Dr. Ahdoot will prescribe patient specific post-operative medications after surgery.
- ◆ A multi-modal approach is utilized to adequately control pain and minimize risk factors after surgery for a desirable recovery and ideal outcome.
- ◆ If you are ready for a prescription refill, contact our team during normal business hours (Monday through Friday, 8 am - 5 pm) to authorize more pain medications at your designated pharmacy.

WHAT TO EXPECT AFTER SURGERY

WEEK 1:

RICE

◆ R = Rest

- We want you to be up and moving but do this in moderation. We recommend you rest the first 5-7 days after surgery. Increased activity means increased swelling. By decreasing the swelling early you will recover quicker. We recommend small bouts of activity throughout the day. Get up and walk around the house throughout the day.

◆ I = Ice

- Ice as much as possible the first week to two weeks. Ice is a great anti-inflammatory and helps minimize swelling. You may apply an ice massage over the knee and surrounding areas to help immediately post op.

◆ C = Compress

- The TED hose compression stockings provide compression and help minimize swelling. Keep the stockings on during the day and take them off at night for the first 2 weeks after your surgery. The stockings go on both legs.

◆ E = Elevate

- Elevating your leg will help reduce swelling. To reduce significant amounts of swelling elevate your leg 4-5 times a day for 15-30 minutes each time. Do this by lying flat with the ankle above your knee and your knee above your heart.

WEEK 2:

- ◆ You may start using heat to help decrease bruising. Place a hot pack/heating pad over the front and back of the thigh and surrounding areas. Try heat 3 times a day for 20 minutes each time. Using heat will increase your flexibility and make exercising easier. Alternate the heat and ice. Heat before you stretch/exercise and use ice after activity.
- ◆ Start outpatient physical therapy.
- ◆ Focus on range of motion, exercises, initiate strengthening and increase walking distance.
- ◆ Return to driving.

WEEKS 3-6:

- ◆ Ease into physical activity.
- ◆ Continue outpatient physical therapy.
- ◆ Return to work.
- ◆ Significant reduction in swelling.