



ORANGE COUNTY ORTHOPAEDIC GROUP

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Orthopaedic Surgery · Sports Medicine · Arthroscopy

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POST-OPERATIVE INSTRUCTIONS AFTER KNEE LYSIS OF ADHESIONS

1. Remove bandages 3 days after surgery
2. Okay to shower after 3 days; do not rub incisions
3. Apply band-aids to incisions after showering
4. Use cold therapy device or ice packs over knee 30 minutes at time, 5 times a day
5. On morning after surgery, begin doing the following home exercises: 20 at a time, 3 x per day
 - a. Aggressive passive range of motion (manually move leg) of knee to maintain range of motion achieved by surgery
 - b. Straight Leg Raise: Straighten knee and raise leg up and down while laying down
 - c. Quadriceps Set: Squeeze quads while laying down
 - d. Calf Pump: Flex and extend ankle up and down
 - e. Heel Slide: Slide heel toward buttock (bend knee) and then re-straighten
6. Use brace and CPM machine as instructed by doctor
7. Formal physical therapy will begin TOMORROW
8. Make an appointment for follow-up visit 3-5 days from surgery
9. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the knee, swelling and pain in the lower leg, or have any other questions or concerns.
10. See you soon!