



SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHODOTCOM

After Meniscal Repair: First Two Weeks

PRECAUTIONS — READ FIRST

Your brace stays LOCKED STRAIGHT at all times. Touch-down weight bearing only: the foot may rest on the floor for balance, but keep your weight on the crutches. Do not bend the knee past 90 degrees, and only work on bending during your therapy sessions unless told otherwise. Ice and elevate for swelling.



Ankle Pumps 10-15 times, every hour while awake

With the leg elevated, pull your toes up toward you, then point them down.



Quad Sets 10-15 times. 2-3 sets, 2-3 times a day

With the leg straight, tighten the muscles on the front of your thigh, pressing the back of the knee down. Hold 5 seconds. Relax.



Straight Leg Raise (brace locked) 10-15 times. 2 sets, 2-3 times a day

With the brace locked straight, tighten the thigh and lift the whole leg about one foot off the bed. Lower slowly.



Heel Slides (to 90 degrees) 10-15 times, 2-3 times a day

Lying on your back, slowly slide your heel toward your buttock, bending the knee only as far as comfortable and never past 90 degrees. Slide back out straight.



Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.

