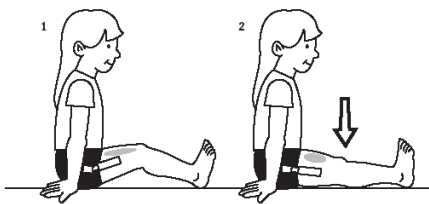


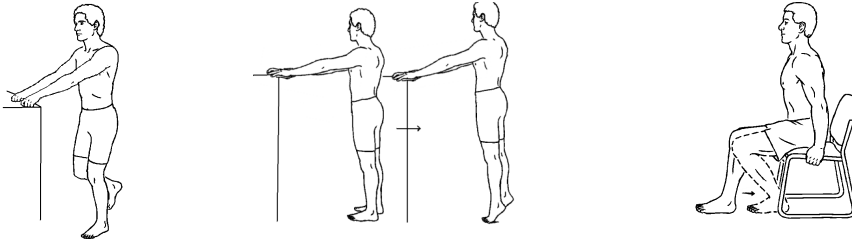
- Use crutches for  days
- Remove outer bandages and cotton and reapply firm bandage or tubi-grip after 2 days
- Ice packs – on 15mins at a time, 4 times per day, first 5 days
- Static quads exercises



- Repeat for 5 – 10mins every hour



- Ankle exercises to promote circulation and reduce clots
- Other exercises – complete each exercise 10 -20 times, 5 times per day



- Special exercises or instructions from surgeon (eg. Meniscus, collateral ligaments)

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Return to work and driving when you can easily move and weight bear on your operated limb, usually a few days.