DELAWARE ORTHOPAEDIC SPECIALISTS

Discharge Instructions for LCL Repair

Diet: Start out with liquids and progress to your regular diet as you tolerate.

Activity: Do not perform any strenuous activity until cleared by your Doctor. You will continue to use crutches.

Brace: The knee brace is to be worn all the time for the first two (2) weeks, even when sleeping. It will be locked in full extension while walking for the first six weeks. The brace will be worn for a total of six (6) weeks to three (3) months.

Exercise: Perform all exercises instructed as much as tolerates until return visit. You should start formal Physical Therapy prior to your first post-operative appointment.

Pain Medication: A prescription was electronically sent to your preferred pharmacy the day before your procedure. Take this medicine for severe pain only. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

Ice: Ice is an excellent source of pain relief, swelling, stiffness and inflammation. Use it for a 20 minute duration a few times per day. The ice pack should never be placed directly on the skin. It can be used for several weeks as needed.

Return Visit: Your post-op appointment with your Doctor has been scheduled and is listed in the paperwork that you should have received in the mail and on your discharge packet. If you need to change the date and/or time, please call (302) 655-9494.

Emergency or Problems: DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for assistance.

Wound Care: Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove your bandage and shower

this evening as it states below. Do not remove steri strips because these keep the incision closed and sutures in place.

Showering: You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the incision completely dry. Waterproof dressings can be purchased at your local pharmacy. (ie Tegaderm)

Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.

Surgery Supply Info

Lower Extremity Surgery

- Be prepared that you may not be able to walk without assistance (use of crutch or crutches) for a period of time.
- Place to sleep comfortable, as climbing up and down stairs may be unreasonable for a few days (sleeping on a couch, downstairs bedroom, etc..)
- Waterproof bandages (Tegaderm) to cover your wound when showering. They can be found at your local pharmacy.
- Extra ice pack (one (1) pound of peas or corn works great.) Ice packs should not be placed directly on the skin.
- A means of transportation, you may be limited from driving for a period of time. Due to multiple reasons, not able to drive while taking Narcotics, unable to use your right leg, etc…
- Possibly use of a shower stool to have if unable to apply weight or balance on one of your legs.

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LCL REPAIR/Reconstruction Guideline

0-2 weeks
Knee brace locked at 0 degrees at all time (even to sleep.) Non-weight bearing
Work on Quad control
Work on ankle pumps

2-6 Weeks
Start Scar Massage
Continue to Keep Brace locked at all times (even to sleep.) Non-weight bearing
Start patella mobs
Scar massage
Quad sets and hip strengthening with brace on
May bend the leg at the hip when prone lying

6-8 Weeks
Start ROM exercises
Still Non-weight bearing
Brace is unlocked
Can start chest deep in pool or deep end of pool to work on straight walking

8-12 Weeks

Can start weight bearing with brace unlocked still walking in brace (depending on the patient)
Still NO lateral movement
Continue to work on ROM
Hip Strengthening

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POST OP KNEE EXERCISES

Ice knee as much as possible for 20 min on and 20 min off
Ice knee after doing exercises

Quad Sets
With leg as straight as possible, pull toes back towards you so they are pointing up into air. Tighten the muscles on top of the thigh (quads) by pushing the back of your knee into the table or floor as hard as you can. Hold for 10 to 20 seconds and repeat 10 times. Perform these 4-5 times a day, but more is better.
* You can sit up with back propped against a wall or lay on your back to perform*

Heel Slides
While lying on your stomach, Slowly bring your foot toward your buttock, DO NOT FORCE
Hold for a count of 15 seconds and repeat 10 times. Perform 3-5 times a day.
*towel may be placed under thigh to *

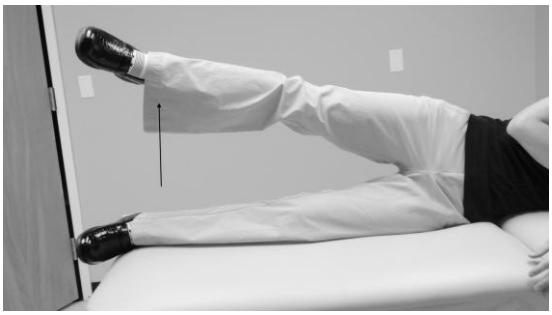


Straight Leg Raises
Lay on your back with good leg bent and injured leg straight. Pull toes back so they point up in the air. Tighten quad muscles by pushing back of knee to table. Keep leg tight and lift to match opposite knee. Slowly lower back to table. Should take a 2 second count to lift and 4 second count to lower. Relax your leg after completing one rep. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



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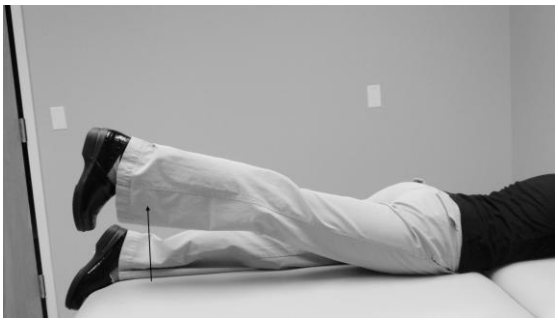
Hip Abduction
Lay on your good side with the injured leg up in the air. Make sure that your legs are straight and toes pulled back towards you. Raise your injured leg straight up in the air. Do not rotate your hip or back to get higher (toes should not turn up to sky). Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Hip Adduction
Lay on your injured side with the good leg crossed over and foot is flat on the table. For your straight leg – pull toes back towards you. Raise the injured leg up into the air. Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Hip Extension
Lay on your stomach. Raise the hurt leg straight into the air without arching your back. Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



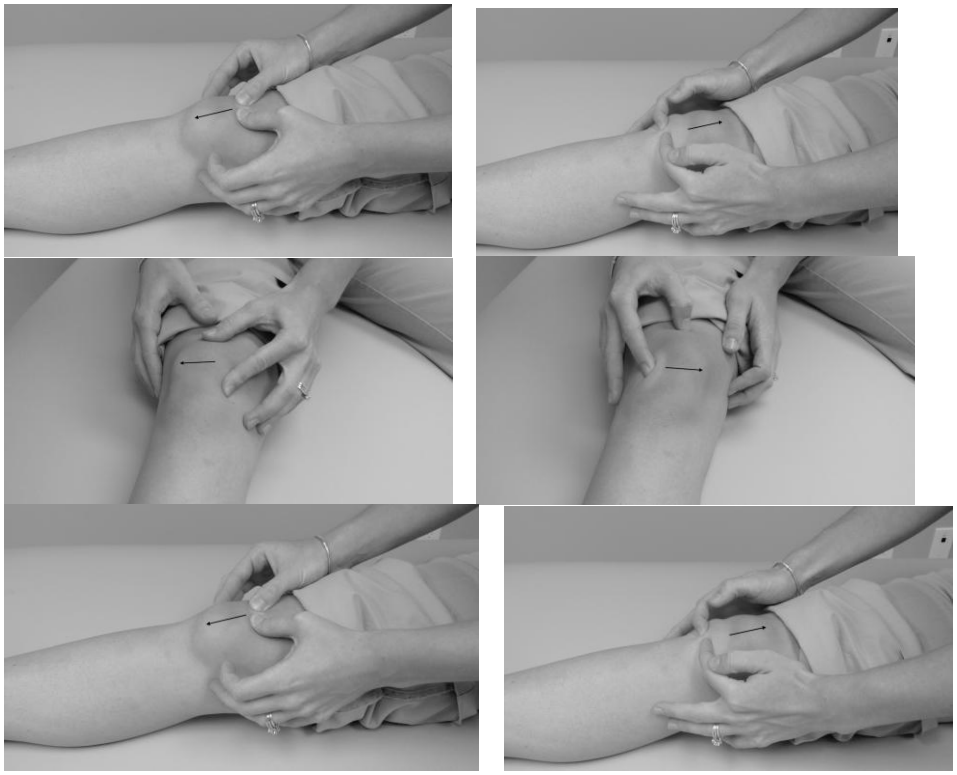
Hamstring curls
While standing or lying on stomach, You're your knee slowly, bring your heel towards your buttocks and then slowly lower back down. Should take 2 seconds to lift up and 4 seconds to return. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Phone (302) 655-9494 www.delortho.com Fax (302) 691-1478

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Patella (Kneecap) Mobilization
With the leg straight and the thigh relaxed, place finger of each hand on either side of kneecap. Gently apply pressure to move the kneecap side to side then up and down for 2-3 minutes. Prolonged pressure may need to be applied to get the kneecap moving if it is stiff. Perform 4-5 times a day.



Wall Slides (if unable to do heel slides)
Lie on your back near a wall with injured foot on the wall. Slowly slide your foot down the wall by bending at the knee. Use opposite leg to apply pressure to shin to help bend the knee. Hold for a count of 15 sec and repeat 5 times. Perform 3-5 times a day

