

# Postoperative reconstructive knee surgery restrictions

## Procedure performed:

- ACL reconstruction
- MPFL reconstruction
- Meniscus repair
- Meniscus root repair
- Cartilage surgery
- Menisectomy

## Activity:

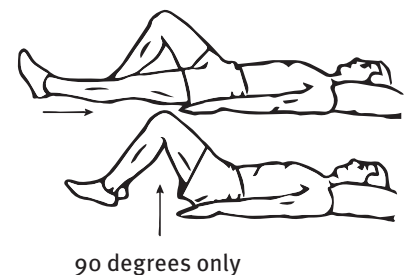
- Full weightbearing with your brace ON and locked in full extension** (see brace instructions below). Use crutches or a walker until you are otherwise instructed by your provider.
- Non-weightbearing of the operative leg for four weeks.** The leg must not touch the floor and is not permitted to support any body weight. All of your weight is on your unaffected leg. Use crutches or a walker for to get around until your provider tells you otherwise.
- Toe touch/flat foot weightbearing for four weeks.** The toes or foot may touch the floor (to maintain balance), but not support any weight. All of your weight is on your unaffected leg. Imagine having an egg under your foot that you should not be able to crush.
- Up to 50% partial weightbearing for \_\_\_\_ weeks.** Up to half of your weight may be supported by the surgical leg. You can use a home scale to tell what this amount of weight feels like. Determine how many pounds the above percentage is for your body weight and place your operative leg on the scale. Lean more body weight onto the scale until you reach this amount. Use crutches or a walker to help support the rest of your body weight until your provider tells you otherwise.

## Brace/immobilizer instructions (if you were provided one):

- Brace/immobilizer locked straight with activity.** When you are upright, you must have your brace on and locked in a completely straight position to protect your repair. When you are resting, you may unlock /remove it and stretch according to the range of motion selected below.

## Range of motion:

- Full range of motion.** Stretch frequently to progress your knee to fully straight and fully bent when you are able.
- No more than 90 degrees of knee flexion** (the amount of bend). Stretch to progress your knee to full extension (fully straight) and you may gently bend your knee to 90 degrees, but no further until instructed by your provider.



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