



Centers for  
Orthopaedics  
*Experience in Motion*

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## Pre-operative Instructions for MIS Total Knee

### Stephen J Kelly, M.D.

### Pre-operative Pain Protocol

*Two days before surgery:*

Celebrex 100 / 200 mg - Take 1 tablet by mouth

Acetaminophen (Tylenol) 325 mg - Take 1 tablet by mouth with breakfast, lunch and dinner

*Day before surgery*

Celebrex 100 / 200 mg - Take 1 tablet by mouth

Acetaminophen (Tylenol) 325 mg - Take 1 tablet by mouth with breakfast, lunch and dinner

Lyrica 75 mg - Take 1 tablet by mouth at breakfast and dinner.

### Pre-operative Skin prep

In order to reduce the chance of infection, we ask you to perform a preoperative skin prep. You will be provided 2 packages of Hibiclens and an instruction sheet.

Please shower the night before **and** the morning of surgery with the Hibiclens.

### Pre-op Education class

Please plan to attend this 1 hour educational seminar, as this is a great opportunity to get many additional questions answered.

To schedule a time for your seminar, please call:

Mercy Hospital (207) 553-6588

Maine Medical Center (207) 662-0822

## Preoperative Exercises

Attached is a handout illustrating your pre-op exercises. Please do these exercises twice a day every day before surgery. **Stop** any exercise that increases your pain.

# Pre-operative Knee Exercises

*Courtesy of Mercy Hospital*

It is important to be as fit as possible before undergoing a total knee replacement. This will make your recovery much faster and easier. The following exercises should be done now and continue until your surgery. You should be able to do them in 15-20 minutes and it is recommended that you do them twice each day.

Remember that you need to strengthen your entire body, not just your leg. It is **very important** that you strengthen your arms by doing chair push-ups because you will be relying on your arms to help you get in and out of bed, in and out of a chair, walk, and to do your exercises after surgery. Do not do any exercises that are too painful!

## Preparing for Knee Replacement Surgery Exercises

1. Ankle Pumps	10 reps (each leg)	3 times /day (more if possible)
2. Quad Sets (Knee push-downs)	10 reps (each leg)	3 times/day
3. Heel Slides (slide heel up and down)	10 reps (each leg)	3 times/day
4. Gluteal sets (bottom squeezes)	10 reps (each leg)	3 times/day
5. Short arc quads	10 reps (each leg)	3 times/day
6. Abduction and adduction	10 reps (each leg)	3 times/day
7. Wrist Flexion	20 reps (each arm)	3 times/day
8. Armchair Push-Ups	20 reps	3 times/day
9. Shoulder Extension	20 reps	3 times/day
10. Elbow Flexion	20 reps	3 times/day
11. Wall Push-up	20 reps	3 times/day

### ☞ Remember to:

- ✓ Perform each exercise slowly.
- ✓ Do NOT hold your breath.
- ✓ Stop any exercise that is too painful.
- ✓ Perform these exercises 3 times a day (if possible).

# Preparing Your Muscles

## Ankle Pumps

With leg relaxed, gently flex your foot and point your toes (bend and straighten the ankle).

Repeat 10 times (each leg), every hour if possible.

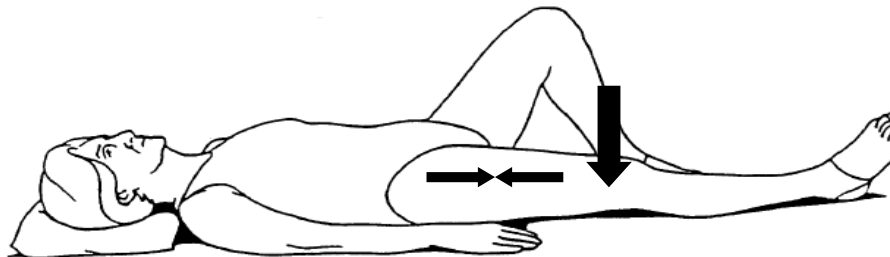


## Quad Sets — (Knee Push-downs)

Lie on your back, keep your knee straight.

Push the back of your knee into the bed while tightening the muscle on the front of your thigh. Hold for 5 seconds, and then relax. Do NOT hold your breath.

Repeat 10 times (each leg), 3 times per day.



## Heel Slides — (Slide Heels Up and Down)

Lie on your back, bend your knee by sliding your heel toward your bottom, and then straighten the leg. Bend your knee to a position that you can tolerate.

Repeat 10 times (each leg), 3 times per day.

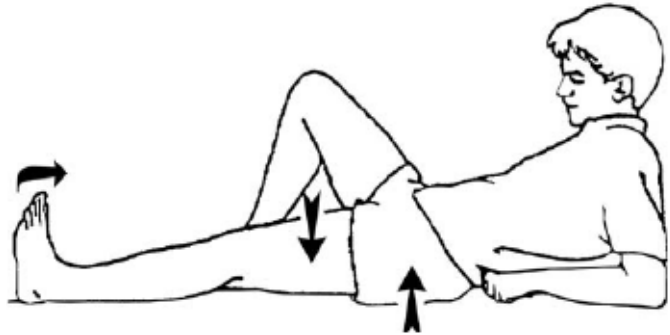


## Gluteal Set — (Bottom Squeezes)

Tense muscles and squeeze buttocks.

Keep leg and buttock flat on the floor. Hold 5 seconds.

Repeat 10 times (each leg), 3 times per day.

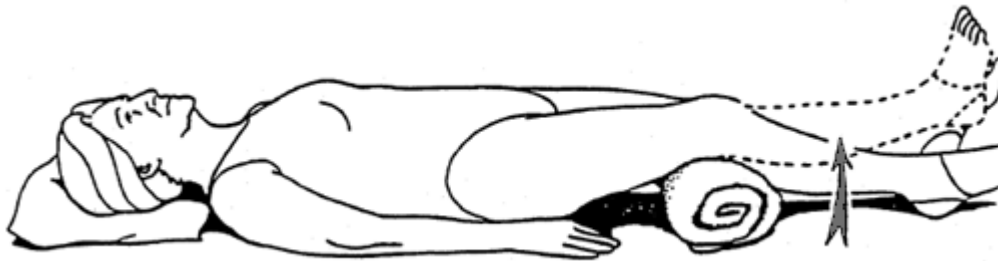


## Short Arc Quad

Place a towel roll or pillow under your knee.

Raise your foot off the bed surface by straightening your knee. Do not raise your thigh off the towel roll or pillow.

Repeat 10 times (each leg), 3 times per day.



## Hip Abduction / Adduction — (Slide Heels Out and In)

Lie on back

Slide leg out to the side and return to the center. Keep toes pointed up and knees straight.

Hold 2 – 3 seconds, slowly relax.

Repeat 10 times (each leg), 3 times per day.

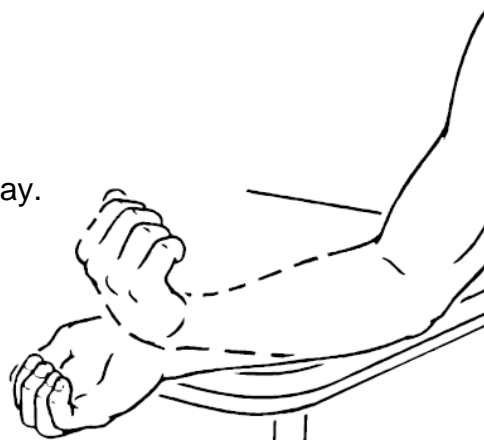


# Exercises to Help with Walker or Crutch Use

Do these exercises to build upper body strength. This will help you when you use a walker or crutches after surgery. Be sure to exercise both arms. Your physical therapist or doctor may also suggest you use light weights or do other exercises.

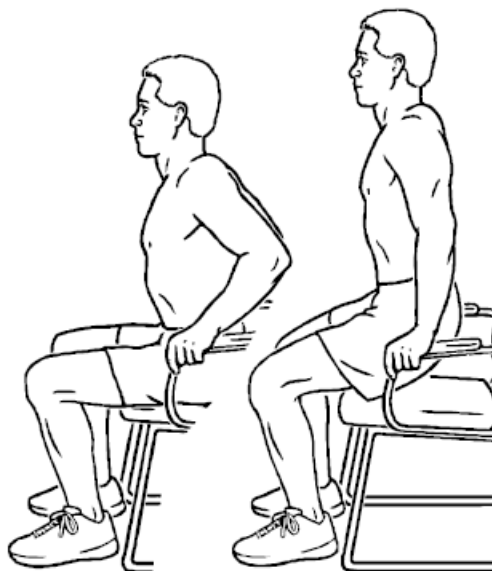
## Wrist Flexion

- With right palm up, bend wrist up.
- Repeat 20 times on each arm, 3 times per day.



## Armchair Push-ups — (**Chair Stand - Resisted**)

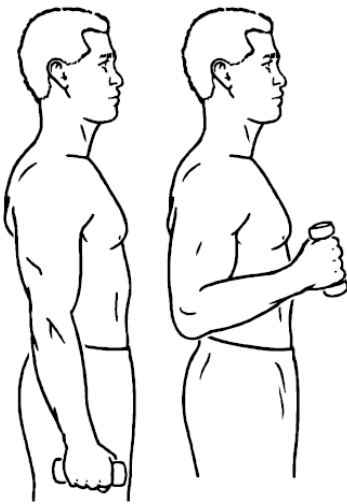
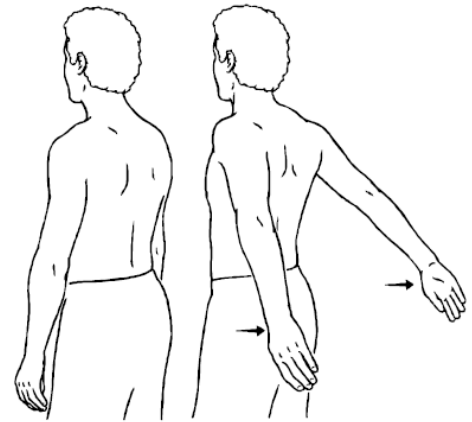
- With hands on armrests, push up from chair.
- Use legs as much as necessary. Return slowly.
- Repeat 20 times, 3 times per day.



## Shoulder Extension

Bring arms straight back as far as possible without pain.

Repeat 20 times, 3 times per day.



## Elbow Flexion

With right arm straight, thumb forward, hold a light hand weight or can, bend elbow. Return slowly.

Repeat 20 times each arm, 3 times per day.

## Wall Push-Up

With arms slightly wider apart than shoulder width, and feet 8-10 inches from wall, gently lean body toward wall.

Repeat 20 times, 3 times per day.

