



REHABILITATION PROTOCOL



It is very important to follow the programme set out in this leaflet with a professional physiotherapist, in order to guarantee proper rehabilitation of the operated knee.

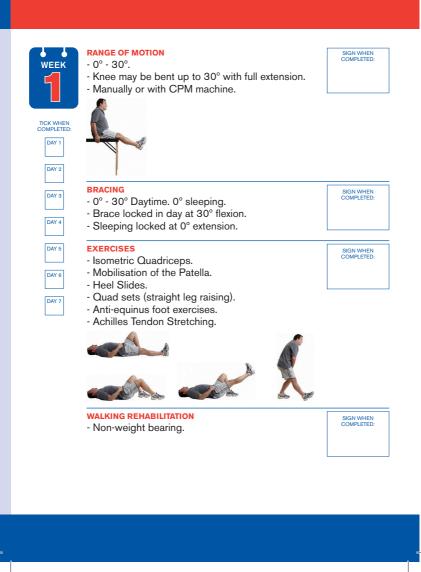
We are taking into account the following aspects:

RANGE OF MOTION

BRACING

EXERCISES

WALKING REHABILITATION





RANGE OF MOTION

- 0° 30°.
- Knee may be bent up to 30° with full extension.
- Manually or with CPM machine.

TICK WHEN COMPLETED:



1



DAY 4

DAY 5

DAY 6

DAY 7

BRACING

- 0° 30° Daytime.
- Brace locked in day at 30° flexion.
- Sleeping locked at 30° extension.

EXERCISES

- Isometric Quadriceps.
- Mobilisation of the Patella.
- Heel Slides.
- Quad sets (straight leg raising).
- Anti-equinus foot exercises.
- Achilles Tendon Stretching.



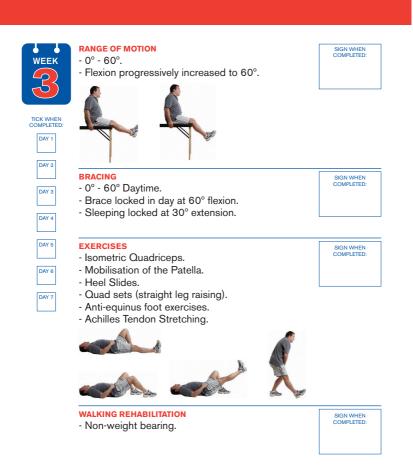


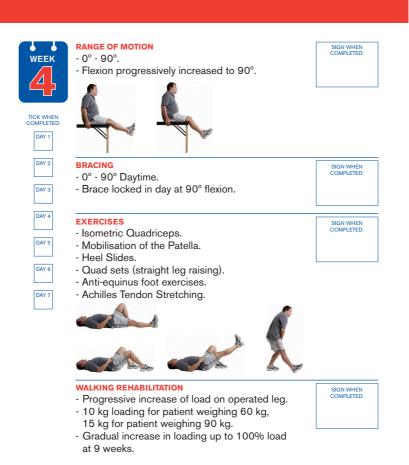
WALKING REHABILITATION - Non-weight bearing.

SIGN WHEN COMPLETED:

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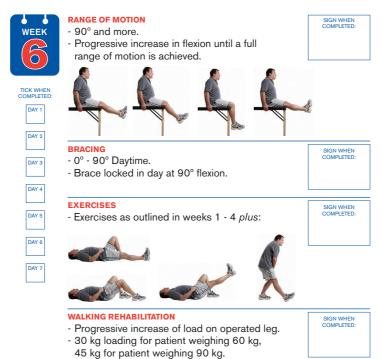
SIGN WHEN COMPLETED:



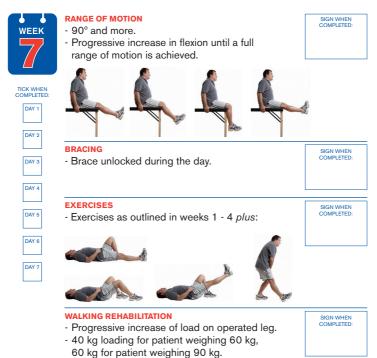




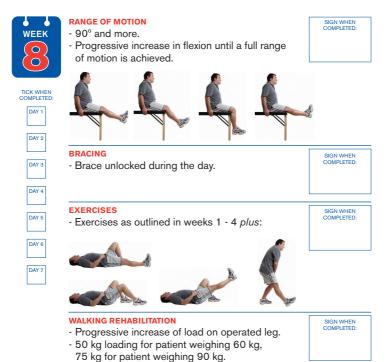
 Gradual increase in loading up to 100% load at 9 weeks.



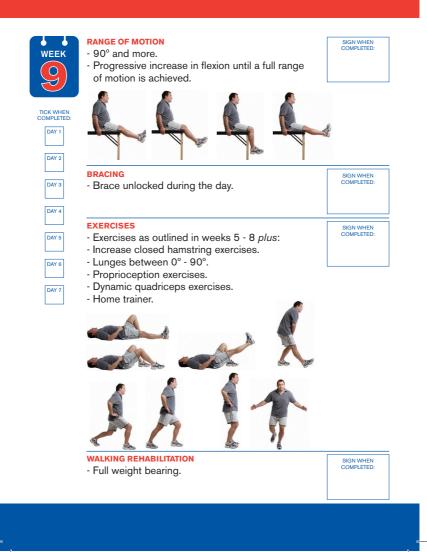
- Gradual increase in loading up to 100% load at 9 weeks.

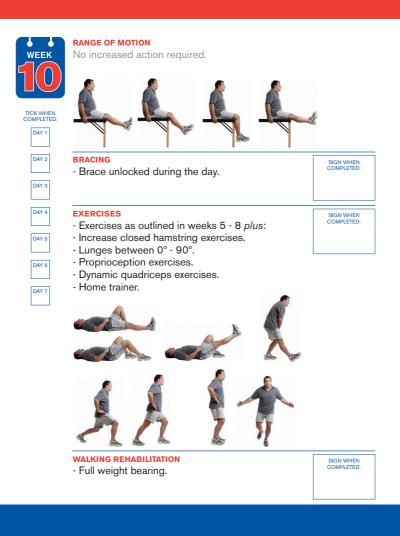


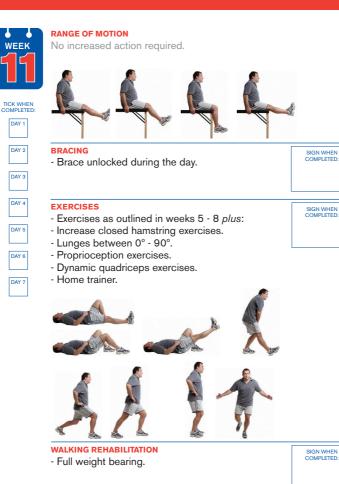
- Gradual increase in loading up to 100% load at 9 weeks.

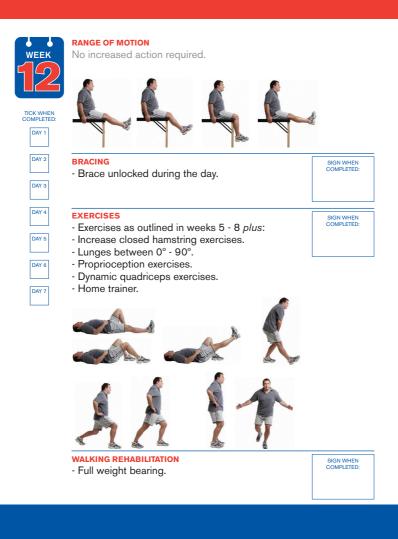


- Gradual increase in loading up to 100% load at 9 weeks.

















BRACING



No increased action required.



DAY 7

EXERCISES

- Exercises as outlined in weeks 5 8 plus:
- Increase closed hamstring exercises.
- Lunges between 0° 90°.
- Proprioception exercises.
- Dynamic quadriceps exercises.
- Home trainer.



• Full weight bearing.

SIGN WHEN COMPLETED:



TICK WHEN COMPLETED

RANGE OF MOTION

No increased action required.



BRACING No increased action required.



DAY 4

DAY 5

DAY 6

DAY 7

EXERCISES

- Exercises as outlined in weeks 9 13 plus:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.





WALKING REHABILITATION - Full weight bearing without unloader brace.









BRACING No increased action required.

RANGE OF MOTION

No increased action required.



DAY 4

DAY 5

DAY 6

DAY 7

EXERCISES

- Exercises as outlined in weeks 9 13 plus:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.





WALKING REHABILITATION - Full weight bearing without unloader brace.



TICK WHEN COMPLETED

RANGE OF MOTION

No increased action required.



BRACING No increased action required.



DAY 4

DAY 5

DAY 6

DAY 7

EXERCISES

- Exercises as outlined in weeks 9 13 plus:
- Increase open closed exercises.
- Jogging on level ground.
- Plyometrics.
- Sport-related exercises without pivot.





WALKING REHABILITATION - Full weight bearing without unloader brace.



TICK WHEN COMPLETED:

DAY 2

DAY 3 DAY 4 DAY 5

DAY 6

DAY 7

RANGE OF MOTION

The use of a CPM machine is recommended for 30 minutes, twice daily to restore mobilty. This machine can be operated very progressively and gradually.



EXERCISES

Hydrotherapy and swimming starts (crawl or breast stroke) after 24 weeks. Resuming sports is permitted upon discussion with orthopaedic specialist. Contact sports can only be resumed after 9 months.



This protocol serves as a guideline for optimum rehabilitation. Obviously in the event of any rehabilitation problems the protocol must be adjusted with the approval of the responsible orthopaedic specialist. During the rehabilitation period comparative rest, standing and ice application are safely indicated. Rehabilitation protocol in other languages can be downloaded from the website www.orteq.com or can be ordered at Orteq via your physician.

Het rehabilitatieprotocol in andere talen kan worden gedownload van de website www.orteq.com of kan bij Orteq worden besteld via uw arts.

Das Rehabilitationsprotokoll ist auch in anderen Sprachen auf unserer Website www.orteq.com erhältlich oder kann durch Ihren Arzt bei Orteq angefordert werden.

Rehabiliteringsprotokoll på andra språk kan laddas ned på webbplatsen www.orteq.com eller beställas från Orteq via din läkare.

Il protocollo per la riabilitazione può essere scaricato in altre lingue dal sito www.orteq.com od ordinato alla Orteq tramite il proprio medico di famiglia.

Le protocole de rééducation dans d'autres langues peut être téléchargé sur le site Internet www.orteq.com ou commandé auprès d'Orteq par votre médecin.

Puede descargar el protocolo de rehabilitación en otros idiomas en la página web www.orteq.com o puede solicitarlo a Orteq por medio de su médico.

Pode ser feito o download do protocolo de reabilitação em outros idiomas no site da web www.orteq.com ou pode ser solicitado à Orteq, através de seu médico.

Diğer dillerdeki rehabilitasyon protokolü www.orteq.com web sitesinden yüklenebilir veya doktorunuz vasıtasıyla Orteq'ten istenebilir.

Rehabilitační protokol v jiných jazycích lze stáhnout z internetové stránky www.orteq.com nebo jej váš lékař může objednat u společnosti Orteq.

Protokol rehabilitacije v drugih jezikih lahko prenesete s spletne strani www.orteq.com ali preko zdravnika naročite pri podjetju Orteq.

Протоколы реабилитации на других языках доступны на веб-сайте www.orteq.com или могут быть заказаны в компании Orteq через вашего врача.

如欲取得其他語言版本的復健計劃,請至本公司的網站 www.orteq.com 下載, 或透過您的醫師向 Orteq 索取。

若想阅读其它语言版本的康复计划,请到本公司的网站 www.orteq.com 下载,或通过您的医生向 Orteq 索取。

他言語によるリハビリテーションプロトコールについては、ウェブサイトwww.orteq.com からダウンロードしてください。掛かり付けの医師がOrteqで注文することも可能です。 다국어 지撃 프로그램 안내서를 웹사이트 www.orteq.com에서

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את פרוטוקול השיקום בשפות אחרות תוכל להוריד מאתר האינטרנט www.orteq.com או להזמין מהחברה Orteq באמצעות הרופא שלך.

يمكن تنزيل برنامج إعادة التأهيل بلغات أخرى من على موقع الويب www.orteq.com أو يمكن ظلبه من Orteq بالاستعانة بطبيبك المختص.



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