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Fulkerson Osteotomy +/- MPFL Reconstruction Post-Operative and Physiotherapy Instructions

*****Attention physiotherapists and patients:** More complete physiotherapy instructions are available at www.caortho.ca***

CRUTCHES:

- Use crutches to assist with ambulation.

WEIGHT BEARING STATUS:

- Toe touch weight bearing only for first 6 weeks.

BRACE:

- Wear brace locked in extension for first 2 weeks, will start progressive range of motion after first post-operative follow up visit.

PHYSICAL THERAPY:

- Start formal physical therapy after your first post-operative visit. Take this form to your therapist. More detailed instructions found at www.caortho.ca
- Until then do the below listed exercises 2-3 times per day as tolerated.

WOUND CARE:

Bandages:

- If you find that your dressing is too tight, you may take down the tensor bandage and rewrap it looser.
- On post op day 5 you can debulk your dressing. Leave white strips in place, if you have them.
- After bandages have been removed, you may shower without covering incision sites, keep out of direct spray from water and pat dry.
- Reapply tensor bandage or compression sock to involved knee, from ankle to above the knee.

Shower:

- You may shower at post-op day 5 once your bandages are off.
- If you have white strips on your incision, keep them on. They may fall off in the shower.
- **NO soaking in bathtub/hot tub or pool for first 2-3 weeks.**

SIGNS AND SYMPTOMS OF INFECTION:

- Excessive or worsening pain, increased redness around the incision sites, drainage from incisions that looks like pus and/or is foul smelling, if you run a fever above 38.5 deg Celsius.

Central Alberta Orthopedics
#300, 4309 - 52 Avenue, Red Deer, Alberta
403.309.2001
www.caortho.ca



- If any of the above symptoms occur call Central Alberta Orthopedics at 403-309-2001 or go to the emergency department right away.

CONTROL OF PAIN AND SWELLING:

- Pain Medication:
 - For the first few days take your pain medication regularly as instructed, then wean as tolerated. Avoid taking pain medications on an empty stomach, as it can make you nauseous.
 - Try to wean yourself off of Percocet/Tramacet to Extra Strength Tylenol (acetaminophen) by Day 5 after surgery.
- Cold Therapy:
 - If you have a cold therapy machine, use it as much as possible. You may wear the cold therapy machine under your brace.
 - If you don't have cold therapy machine, you can remove outer bandage to ice for 20-30 minutes, at least four times for several days. You may use it more frequently as needed. It will help in reducing pain. Avoid placing ice directly on bare skin to prevent frostbite and give a break of 30 minutes in between sessions.
- Elevation:
 - Keep leg (knee) elevated as often as possible with a pillow under your calf, NOT under the knee.

PREVENTING BLOOD CLOTS

- Make sure you get up and walk around as much as possible; mobilizing helps prevent clots.
- Take 325 mg of Aspirin (acetylsalicylic acid) twice daily for 2 weeks after surgery.
- Inform your surgeon if you have a history of stomach ulcers.

Signs and Symptoms of Blood Clots:

- Severe and progressive pain and swelling in calf muscle.
- If any of the above symptoms occur call Central Alberta Orthopedics at 403-309-2001 or go to the emergency department right away.

POST OPERATIVE KNEE EXERCISES (MAY START 1ST DAY AFTER SURGERY):

- Straight leg raises: while wearing brace locked straight, foot straight and turned out, lift leg up off bed/floor. Goal is 50-100 reps three times per day.
- Isometric quadriceps contractions: (letting the leg rest straight) squeeze the quad muscles without lifting the leg off the bed/floor.

EXPECTED TOTAL RECOVERY:

- Walking without crutches approximately 6 weeks after surgery.
- Back to laborer work within 2-4 months following surgery, seated type work, may return about 2-3 weeks following surgery.
- Progress back to sports after 3-6 months of rehabilitation.

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