

KNOW YOUR PRECAUTIONS

Keep your knee fully straight when at rest for prolonged periods.

Reach your range of motion goals

: 10 - 90° the day after surgery

: 0 - 120° by the end of rehabilitation

Weight-bearing as tolerated: You are encouraged to stand with full weight through your surgical leg the day of surgery, unless instructed otherwise.

The individuals with the best surgery and rehabilitation experiences are those who are best prepared. The pre-operative clinic provides education prior to your surgery and lasts about two hours. You will learn what to expect before, during, and after your surgery.

Your pre-op nurse will review your medical history and current medications, inform you which medications you should stop prior to surgery, and address any questions or concerns you or your coach may have. Additionally, your insurance information will be

verified for authorization for services. Additional tests such as lab work, EKG, or X-ray may also be performed.

During this time you and your coach will also meet with rehabilitation services. An occupational therapist and/or a physical therapist will provide education and answer questions regarding surgery expectations and precautions, exercises, adaptive equipment, mobility, and your roles as part of the care team in the hospital and during the whole recovery process.

Pre-op Clinic: 541.274.4706



What to Bring to Pre-Op:

- Current photo ID
- All insurance information
- Your coach
- Complete medication & supplement list
- This book



What You Leave with:

- Wristband identification
- List of medications to bring the day of surgery, if needed

DON'T FORGET...

Before your surgery, schedule your first outpatient physical therapy appointment for one week after your surgery, with the clinic of your choice.