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| M | **M**OVEMENT/AMBULATION* Week #1-Short frequent walks around the home
* Week #2-4 Gradually increase distance, starting on level ground
* Use the walker until no longer needing any support and no limp
 | Woman walking with walker. |
| E | **E**LEVATE* Elevate your surgical leg whenever resting (bed, chair or couch)
* Sleep elevated on pillows at night, unless it keeps you awake
* DO NOT keep the leg hanging down >30 minutes at a time
 | pillow stack.jpg |
| R | **R**EST* Rest in between walking and daily activities
* Get a good night’s sleep-important for healing!
* Sleep on your back with leg elevated, or sleep on your non-operative side with pillow between the knees
 | C:\Users\tcarpenter\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3621293B.tmp |
| R | **R**OM-Range of Motion* Do your ROM exercises 3 times per day
* Increase ROM daily within pain limits
* DO NOT perform Squats, Lunges, exercise machines or weights
 |  Heel Slides | Image result for squat exercise for elderly |
| I | **I**ce* Ice at least 3 times/day for 20-30 minutes, combined with elevation
* Best after walking and/or exercises
* Ice right away if soreness or swelling increases
 |  C:\Users\tcarpenter\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E91FA6DD.tmp Image result for frozen peas |