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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 | |