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| M | **M**OVEMENT/AMBULATION   * Week #1-Short frequent walks around the home, using walker * Week #2-4 Gradually increase distance, starting on level ground * Use the walker until no longer needing any support, without limp | Woman walking with walker. | |
| E | **E**LEVATE   * Use the TKA pillow (or stacked pillows-pictured) whenever resting * Sleep in the pillow at night, unless it keeps you awake * DO NOT keep the leg hanging down >15 minutes at a time | [Image result for lru pillow](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjHz4O6063iAhV2GjQIHaacD_oQjRx6BAgBEAU&url=https%3A%2F%2Fwww.shoppremierhealth.com%2Fthe-lru-pillow.html&psig=AOvVaw3GF8BLKjrBjWiUXxLHIUii&ust=1558563205958451)pillow stack.jpg | |
| R | **R**EST   * Rest in between walking and daily activities * Get a good night’s sleep-important for healing! * Sleep with the leg elevated! You may also sleep on your operative side with the knee STRAIGHT (only if having back pain or need a break) | [drowsing next to him fees](http://sharonkaram.com/download/) | |
| 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 | Side view of man lunging forward with right leg. |
| I | **I**ce   * Ice 4-5 times/day for 20-30 minutes, combined with elevation * Best after walking and/or exercises * Ice right away if soreness or swelling increases | [Related image](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjMovz42K3iAhXMsJ4KHZoEByUQjRx6BAgBEAU&url=https%3A%2F%2Fsoledadobrieninfo.blogspot.com%2F2010%2F10%2Fsurgery-scheduled-for-soledad-today.html&psig=AOvVaw18Giu61_D2J04bA_i2Sc4s&ust=1558564889531008) | |