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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 pillowpillow 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 |
| 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 |