



Dr. Jeffrey P. Menzner, MD
Benjamin Hochhalter, PA-C
Heather Crossley, RN

(208) 323-2600
ext. 3131

Dr. Menzner's CPR (Couch Potato Routine)

1. Ankle pumps – all day



2. Leg Lifts – 10 every hour while awake



3. Bridging (pillow under ankle) – 15 minutes at a time, 6 times day.
No pillow under knee, just allow the leg to hang straight.



Seven days after surgery please begin your stationary bike routine. This should include: 10 minutes in the morning, noon, and evening. Please do not set any resistance to the bike. When finished with each session ice your knee for twenty minutes while making a bridge to help with straightening your knee.