



Post-Procedure Instructions

Knee Manipulation

- You should work on your motion as often as possible beginning tonight with someone else's assistance. Use a cane or crutches or walker as needed.
- You may advance your diet as tolerated.
- You start physical therapy tomorrow. You will attend therapy 3 times weekly for the first 2 weeks. If you do not have physical therapy arranged, please contact us immediately.
- Please follow-up at your scheduled appointment approximately 2 weeks from the day of your procedure. If you do not already have an appointment, please call our office to schedule. (804) 288-3136, ext. 11050.
- Your prescription was sent to the pharmacy on file. Some pain medications already contain Tylenol/acetaminophen. Please read your prescription pain medication bottle prior to taking additional Tylenol/acetaminophen. Do not exceed 4000 mg of Tylenol/acetaminophen in a 24 hour period.



**Stronger
starts
here.**

Harry J Shaia, MD

General Orthopaedics
Total Joint Replacement
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