

### ELEVATION & ICING

Purpose: Swelling control; thereby decreasing pain, increasing range of motion and decreasing risk for blood clot.



#### **15 minutes 6-8 times a day**

1. Elevate your operative leg above your heart, propping it on something soft enough to be comfortable, but firm enough to support the leg.
2. Lay as flat on your back as you can.
3. Make sure there is nothing pressing on the back of your knee.
4. You may use ice and do ankle pumps while elevating.

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