

Post Knee Surgery

Ice and Compression Guidelines



Cryotherapy and Compression

Cryotherapy, or Ice therapy, and compression are a vital part of your rehabilitation. Particularly in the initial stages post-surgery it is important to keep pain and swelling to a minimum so that you can regain range of motion and muscle function as quickly as possible. Ice and compression should be used throughout your rehabilitation after exercise or activity to control swelling and pain.

1. Ice-Man Pump insert and Compression brace applied in theatre
2. When mobilising on the ward or reviewed by Physiotherapist, Ice Pump is exchanged for Ice insert
3. Ice Compression Brace to be worn as often as possible for the first 2 weeks
4. Try to rotate the ice packs around every 20-30minutes. Keep one in the freezer when not in use.
5. The Ice Compression Brace can be used after activity / exercise throughout your rehabilitation or whenever you feel the knee may be a little swollen. It is best to leave it off when walking or exercising.
6. Compression should always be firm but comfortable. To avoid cold burns always ensure the ice insert is not in direct contact with skin.



The brace should be removed completely after 2 hours of continuous use and the knee should be checked regularly for pressure areas. It can be placed back on again after 30mins. The brace should not be worn to sleep in.

If you have any questions regarding the Ice and Compression guidelines, please call Mr. Van Bavel's rooms on **03 9882 7753**