

## Put Your Best Foot Forward With the Right Rehab Process & Tool

CORRECT USE DOES WHAT SURGERY AND EXERCISE ALONE CAN NOT DO:

- ✓ **Keep your knee in the correct position**
- ✓ **Prevent swelling**
- ✓ **Regain maximum range of motion**
- ✓ **Do the activities you love again**

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### HOW TO USE THE LRU PILLOW

#### Placement

1. Place the pillow just about anywhere you will be sitting or lying such as a couch, bed, or recliner.
2. Place your recovering leg in the pillow with the bottom of the foot lined up with the end of the pillow.
3. Use it while you're sitting or lying, and especially while sleeping.
4. Use it as much as possible to speed recovery, relieve pain, and improve your results.

#### Timing

If you have recently undergone knee surgery, like a knee replacement, keeping your leg elevated using the LRU pillow for the next 2 weeks is crucial for reclaiming maximum knee function.

If you are not ambulating, exercising, or going to the restroom, we recommend you keep your leg elevated in the LRU pillow. If you can tolerate sleeping with the LRU pillow, it is recommended. Sleep is important. If you cannot sleep with your leg in the LRU pillow, then remove it from under your leg and ensure you get adequate sleep.

After 2 weeks, utilize the LRU pillow for 30 minutes or longer when your leg starts to swell. For example, use it after therapy or after being out for extended periods. There is nothing wrong with taking breaks; however, the more you use the LRU pillow, the more you can control your swelling to achieve the best results.

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## FAQs

### **Should my heel hang over the edge of the LRU pillow?**

No, you want to keep the bottom of your foot flush to the end of the pillow. The purpose of the LRU pillow is not only to control your swelling but to encourage your knee to straighten.

### **Can I use the LRU pillow in a recliner?**

Yes. The benefit of the LRU pillow is its portability. You can use the pillow in bed, couch, recliner, etc. If using the LRU pillow in a recliner, recline the head of your chair back and avoid being in a "V-shaped" position to prevent swelling at your waist.

### **What if the LRU pillow is too long?**

You can cut the thin side of the pillow that is designed to be under your hip. We have found an electric knife cuts smoothly through the foam. If you don't have an electric knife, sharp scissors will work.

### **Will limiting mobility for the first 10 days cause an increase in DVTs?**

Limiting walking to only bathroom trips for the first 10 days might make you worry about the risk of developing blood clots in your legs, known as Deep Vein Thrombosis (DVT), or other complications like lung clots (PE) or pneumonia. However, our data indicates that the chance of experiencing a DVT in our care is actually lower than the usual rates, which range from 0.6% to 3%. To help prevent these issues, we recommend doing ankle pumping exercises as often as you can and knee exercises four times a day. Even though you'll be moving less during these first 10 days, you'll still be encouraged to get out of bed and move around, albeit for a shorter duration than usual. This approach helps keep you safe while minimizing the risk of complications.

