



Minimally Invasive Limb Lengthening

## Physical Therapy Guide



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WELCOME TO

# *Nu*Height

Thank you for considering *Nu*Height for your limb lengthening surgery. At *Nu*Height, our mission is to help you grow taller safely and permanently. Our program offers surgical expertise with concierge VIP service to ensure you receive the best medical care with unparalleled 5-star service not offered anywhere else in the U.S.

## About your physical therapy

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Physical therapy is a critical treatment modality that is essential to ensuring maximum results. Stretching the joints above and below the bone cut is important to guarantee that the bone can continue to grow and that the soft tissue can stretch as well. Once the surgery is complete, you will begin physical therapy while still in the hospital and will continue on a daily basis at the hotel until you are ready to return home. A physical therapist will visit you at the hotel every day and work with you in the hotel gym. We will prepare a personal regimen for you to follow and will facilitate your treatment prior to your departure.

Outlined in this pamphlet are the exercises required on a daily basis. You are encouraged to share this with your local physical therapist and use the booklet as your personal notebook to write down all the pertinent information you may need to help with daily compliance.

# Tibia

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## **Calf Stretch:**

Sit on bed as shown with your knee straight. Use your green stretch strap to pull your foot back towards you.

Hold for \_\_\_\_\_ seconds

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## **Passive Knee extension with hand:**

With your foot on a towel roll or pillow, use your hands to gently press down above your knee to help flatten in out on the bed.

Hold for \_\_\_\_\_ seconds

Repeat \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.



## **Knee Flexion Step 1:**

Sit in a chair on a hard floor with socks on. Slide your foot backwards as far as tolerated to allow for bending of your knee.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.



## **Knee Flexion Step 2:**

Cross your legs at the ankle and use your good leg to push your leg backwards to feel more of stretch. Then slowly return to the starting position.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.

# Tibia

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## **Active Assitive Knee Extension:**

Sit in a chair. Put your good leg behind your \_\_\_\_\_ leg at the ankles.

Use your good leg to help straighten your leg until your knee is straight.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day.



## **Ex-fix Heel Slides Step 1:**

Start with your \_\_\_\_\_ leg straight on the bed



## **Ex-fix Heel Slides Step 2:**

Slide your heel back towards your buttocks

Then slide back to the starting position.

Be sure to control the entire movement smoothly.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## **Proper resting position type 1:**

Place a towel roll under your \_\_\_\_\_ ankle. Gently relax your \_\_\_\_\_ leg to allow your knee to slowly lower down to the bed.

Do throughout the day when not ambulating.

# Tibia

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## Proper resting position type 2:

If your fixator extends into the foot place firm object under the last ring of you external-fixator or under your ankle if frame does not cover your foot.

This allows your knee to become as straight as possible (flat on the bed)

Do throughout day when not ambulating



## Ex-fix SLR Step 1:

Gently squeeze your knee towards the bed.

Bend the same foot back towards you.



## Ex-fix SLR Step 2:

Keeping your knee straight, lift your leg of the bed to a height of 12-18 inches.

Hold seconds

Perform repetitions times a day

# Femur

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## Knee Flexion: Dangle

Sit in a chair or on the edge of your bed and let your operated leg just hang downwards with gravity.

The operated leg can be supported by the opposite leg. The goal is right angle (90 degrees).

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## Knee flexion Step 1:

Sit in a chair or on the edge of your bed



## Knee Flexion Step 2:

Slide your \_\_\_\_\_ foot backwards as far as tolerated to allow for the bending of your knee. Use your good leg to assist your \_\_\_\_\_ leg further backwards for a greater stretch.

Goal is right angle (90 degrees).

Then slowly return to the starting position.

You may want to put your foot on a towel to allow the foot to slide easier.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

# Femur

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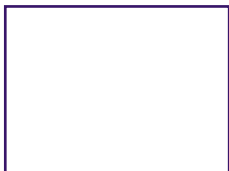


## **Knee Extension:**

Sitting in a chair or on your bed, slowly try to straighten out your \_\_\_\_\_ leg so your knee is fully straight and then return to the starting position.

You may use your \_\_\_\_\_ leg to assist your leg upwards if necessary.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## **Heel Slide Step 1:**

Start with your \_\_\_\_\_ leg straight on the bed



## **Heel Slide Step 2:**

Slide your heel back towards your buttocks. Then slide back to the starting position.

Be sure to control the entire movement smoothly.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## **Passive Knee Extension:**

Place a towel roll under your \_\_\_\_\_ ankle to allow your knee to become as straight as possible.

This is a good resting position and should be used throughout the course of the day.

# Femur

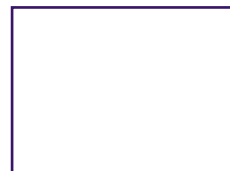
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## **Prone Lying:**

Lie on your stomach \_\_\_\_\_ times a day for \_\_\_\_\_ minutes at a time.

This will allow for stretching of your hip flexors



## **Prone Knee Flexion:**

Lying on your stomach, slowly bend your knee as shown.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



## **SLR Step 1:**

Gently squeeze your \_\_\_\_\_ knee down towards the bed.



## **SLR Step 2:**

Keeping your knee straight, lift your \_\_\_\_\_ leg off the bed to a height of 12-18 inches.

Hold for \_\_\_\_\_ seconds.

Perform \_\_\_\_\_ repetitions \_\_\_\_\_ times a day



The logo features a stylized vertical bar on the left, composed of a dark purple segment at the bottom and a gold segment at the top. To the right of this bar, the word "NuHeight" is written in a serif font, with "Nu" in gold and "Height" in dark purple. A thin gold horizontal line underlines the text.

**NuHeight**

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