

PATIENT EXPECTATIONS AFTER THE MISHA KNEE SYSTEM PROCEDURE



This overview will help you discuss your treatment and recovery with your surgeon, PA, nurses, and physical therapist. By communicating your expectations for treatment, you and your surgeon can determine a realistic treatment and recovery plan.

The MISHA Procedure is performed by an orthopedic surgeon, usually on an outpatient basis. This means that many patients will be able to return home on the day of surgery. Most patients who have received the MISHA Knee System have experienced early and substantial pain relief.

BEFORE YOUR TREATMENT

Think about the following questions and discuss them with your surgeon.

- How much does my knee hurt now?
- What activities am I currently unable to complete due to my knee pain?
- How much knee pain do I expect to have after treatment?
- What activities do I expect to perform after my knee surgery, and how soon after surgery do I expect to perform these activities?

PRE-HABILITATION FOR SURGERY

Getting in shape prior to surgery can make recovery easier.

- **Should I perform any strength or flexibility exercises before surgery?**

Studies have shown that patients who begin strength and flexibility exercises before surgery may have a faster recovery after surgery.¹ Most “pre-habilitation” exercises can be done at home, without any special equipment, for several weeks before surgery.

- **If so, which exercises should I perform, and how frequently should I do them?**

Ask your surgeon if a pre-habilitation program is right for you. Pre-hab exercises can be found in the “Rehabilitation Overview” section.

- **Will I still need to complete a rehabilitation protocol after my surgery?**

Movement (bending your knee) is important as soon as your surgery has been completed. Returning to your previous level of activity is possible, but it requires post-op rehabilitation. The *MISHA Knee System Rehabilitation Guidelines* can be provided to your surgeon and/or physical therapist; the document is also available via the QR code on the other side of this document. It is strongly recommended that you schedule your first post-op physical therapy evaluation as soon as your surgery date

is known, as **initiating physical therapy within 3 - 5 days post-op is recommended.**

Additionally, identifying and meeting with a physical therapist prior to your procedure is encouraged. Having the post-procedure appointment scheduled, knowing with whom you will be meeting, and understanding what you’ll be doing may alleviate stress and allow you to focus on your recovery.

WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

- **How much will my knee hurt from the surgery itself?**

While the MISHA Knee System procedure is less invasive than other surgical options such as knee replacement, it is still surgery. To place the implant, the soft tissues and muscle were stretched, so swelling and discomfort should be expected as the body gets used to the device. You should expect some pain around the incision and swelling around your knee and lower leg as you recover from surgery. You will receive instructions on how best to take care of your incision as it heals.

- **How long will my knee be swollen after surgery?**

Knee swelling will be patient-to-patient dependent. Follow your surgeon’s recommendations to address swelling. As you recover, you may experience normal knee swelling with increased activity. Typically, this is resolved with ice and elevation. Prioritize managing any pain and swelling (using ice, elevation above the heart, compression) over weight-bearing activity.

- **Should I bend or flex my knee?**

Your surgeon should show you that the implant does not restrict your range of motion and that flexing your knee for several minutes at a time, several times a day can be beneficial. In the recovery area after surgery, your surgeon should show you how deeply you can bend your knee. You should continue to move early and often, flexing your knee for a few minutes multiple times a day, every day. If you do not keep up the movement, your knee may become stiff. At a **minimum**, you should achieve 90° knee flexion by two weeks, 120° knee flexion by four weeks, and full knee flexion by six weeks.²

- **Can I walk with my full weight on my leg after surgery?**

After surgery, there are no device-specific weight-bearing or return to activity restrictions. You may place as much weight through the leg as you can tolerate. However, prioritize managing any pain and swelling (using ice, elevation above the heart, compression) over weight-bearing activity.

IMPORTANT PATIENT REMINDERS & EXPECTATIONS

MOVE: You should move early and often, including bending your knee multiple times a day; a return to high levels of activity is possible with adherence to post-op rehabilitation

- Your surgeon should show you that the implant does not restrict your range of motion and that flexing your knee for several minutes at a time, several times a day can be beneficial
- In the post-op recovery area, your surgeon will show you how deeply you can bend your knee
- You can physically achieve high knee flexion immediately after surgery, but if you don't continue to MOVE, your knee may become stiff

At **MINIMUM**, you should achieve 90° knee flexion by two weeks, 120° knee flexion by four weeks, and full knee flexion by six weeks

Although it is less invasive than a knee replacement, the **MISHA procedure is still surgery**

- Soft tissue and muscle had to be stretched to put in the implant
- Swelling and soft tissue discomfort are common as the body gets used to the implant. This can last 4-12 weeks or longer depending on how an individual's body recovers

D. Crawford, personal correspondence, 2024.

REHABILITATION OVERVIEW²

The following is an overview of what you can expect during rehabilitation and your recovery. Your surgeon or physical therapist may recommend an individualized program to help you regain strength and flexibility at a pace that's right for you.

0-2 Weeks Post-Op

- MOVE as early as possible after surgery, including bending your knee several times a day
- Protect the wound: do not touch or rub the incision or sutures
- Elevate the leg (above heart level) for extended periods of the day to reduce swelling (**Fig 1**)
- Apply ice and use pain medication per your surgeon's instructions
- Do not wear a brace unless instructed by your surgeon
- Discuss static quadriceps strengthening (e.g. straight leg raises **Fig 2**), ankle flexibility exercises (**Fig 3**) and expected range of motion (at least 90 degrees flexion) with your surgeon.
- Continue core and hip muscular strengthening

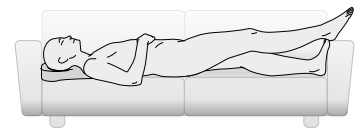


Fig 1

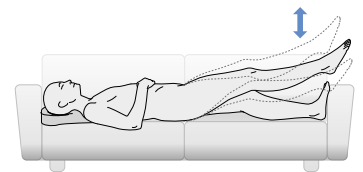


Fig 2

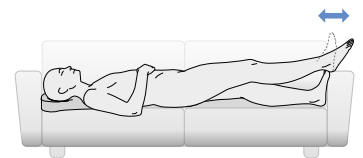


Fig 3

2-4 Weeks Post-Op

- Bend your knee several times a day
- Progress with range of motion (target 120 degrees flexion), strengthening, and balance exercises as prescribed by your surgeon or physiotherapist (e.g. heel to toe walking, single leg balance)
- Return to active full range of motion and initiate hip/knee/ankle stretching
- Target full weight bearing without a limp within 30 days post-op

>4 Weeks Post-Op

- Follow-up visit with surgeon by week six
- Increase the intensity of functional exercises and target full range of motion by 6 weeks post-op
- Discuss return to other activities with surgeon and physiotherapist

To avoid unnecessary pain during this recovery period, please avoid exercises that:

- Rub on the surgical incision
- Press hard directly on the surgery area



Hear from patients about the MISHA Knee System

Most patients who receive the MISHA Knee System enjoy early and substantial pain relief and functional improvement



For your physical therapist

MISHA Knee System Rehabilitation Guidelines

1. Rooks et al. Effect of preoperative exercise on measures of functional status in men and women undergoing total hip and knee arthroplasty. *Arthritis & Rheumatism* 2006; 55(5):700-708.
2. Moximed, Inc. (2025, Rev. C). MKT103366 MISHA® KNEE SYSTEM REHABILITATION GUIDELINES.