

TABLE E-1 General Anesthesia Protocol

Induction
Propofol 2 mg/kg
Muscle relaxant per provider preference
Maintenance
Fentanyl <10 mcg/kg
Morphine <0.1 mg/kg
Isoflurane 0.4% to 1.5%
50% O <sub>2</sub> /50% N <sub>2</sub> O
Reversal (if indicated)
Neostigmine 0.05 to 0.07 mg/kg
Glycopyrrolate 0.01 mg/kg
Additional drug therapy
Ondansetron 2 to 4 mg
Ketorolac 30 mg

TABLE E-2 Postoperative Physical Therapy Protocol\*

Postoperative Day	Range of Motion	Strengthening Exercises	Functional
1	Heel slides, active-assisted range of motion	Quad sets (isometric contractions), ankle pumps (3 sets of 10 reps)	Weight-bearing as tolerated in range-of-motion brace
2	Heel slides, wall slides, patellar mobilizations	Same as on Postoperative Day 1	
3-7		Same as on Postoperative Day 1 plus bent-leg raise (10 reps of standing knee flexion, with progression to 4 sets of 10 reps)	

\*Ice is applied after all exercises. The goal of the protocol is to achieve a range of motion from full extension (equal to that on the nonoperative side) to 90° of flexion by the end of Week 1.