

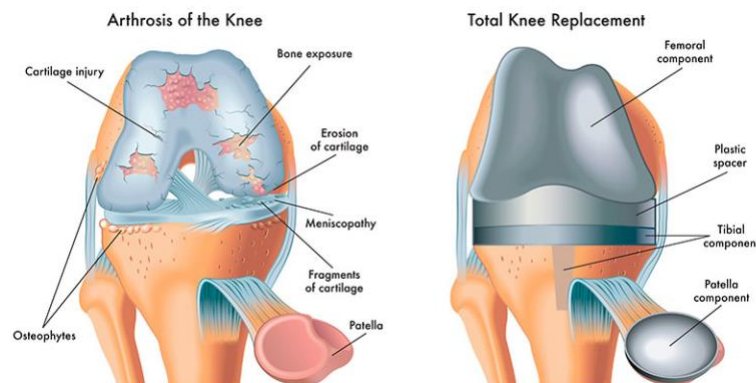


## TOTAL KNEE REPLACEMENT HOME EXERCISE PROGRAM

- ✓ To get the best results from your surgery, it is important that you do your exercises consistently and constantly.
- ✓ The following exercises are to be performed 2-3 days after surgery at least 2-3x/day as tolerated.
- ✓ If you have any questions or concerns regarding exercises, do not hesitate to contact your physical therapist or physician directly.

### Post Operative Knee Care Tips

- **WORK ON MOTION!** Walking is good exercise but is no substitute for stretching and exercises.
- For the best results: keep working on good motion for both *flexion* (bending) and *extension* (straightening).
- **DO NOT** lift any weights with your legs, hang weights on your knees, or do resistive exercises (bike, treadmill, or gym equipment) until motion is 0-100 degrees or otherwise cleared by PT.
- Avoid pillows behind knee or recliner for 6 weeks after surgery as they encourage your knees to heal in bent position.
- Sleeping on your back is best position for your knees; it is to keep them straight during healing process.
- When sitting, allow your knees to bend completely, and your feet to rest on the floor.
- Change knee position at least **once an hour** while awake to avoid stiffness.
- Any questions or concerns call the office at (561) 488-2200 or (561) 637-4200.



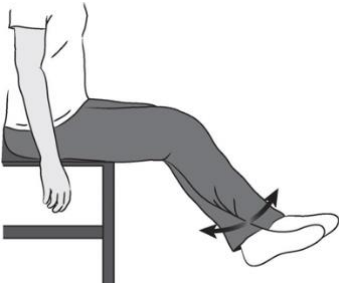
### Exercise 1: Knee Extension Stretch



- ✓ Begin sitting on firm surface, such as a stool or chair (not a bed or recliner).
- ✓ Place the leg to be stretched on a stool or chair of similar height.
- ✓ Lean forward and push down with both hands over the kneecap.
- ✓ Push steadily for a count of 30 seconds to straighten the knees.
- ✓ 3 sets of 30 seconds, wait one minute before starting next set.
- ✓ **NOTE:** this stretch is most important after surgery as it ensures that you will have straight knees.

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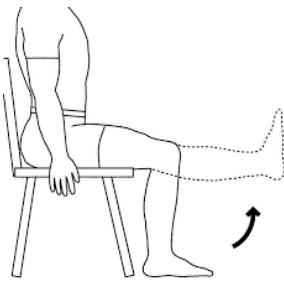
### Exercise 2: Seated Supporting Knee Bends



- ✓ While sitting at your bedside or in a chair with your thigh supported, place your foot behind the heel of your operated knee for support.
- ✓ Slowly bend your knee as far as you can. Hold your knee in this position for 5 to 10 seconds.
- ✓ 3 sets of 10 reps

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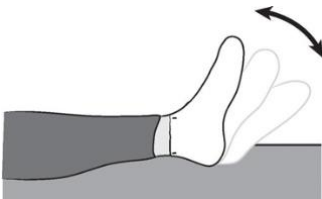
### Exercise 3: Seated Kicks or “Long Arc Quads”



- ✓ Begin with both knees bent.
- ✓ Keeping your thigh on the chair, straighten out your knee as you slowly kick up.
- ✓ Hold the position for 5 seconds.
- ✓ Slowly return your knee to the fully bent position before repeating motion.
- ✓ 3 sets of 10 reps
- ✓ **NOTE:** add ice pack to knee during exercise at least once a day.

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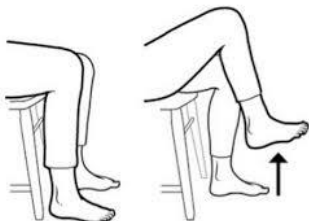
### Exercise 4: Ankle Pumps



- ✓ Slowly push your foot up and down.
- ✓ Repeat this exercise several times, as often as every 5 or 10 minutes.
- ✓ If you are watching television, you should pump your feet every time a commercial comes on.

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### Exercise 5: Seated Marching



- ✓ Begin with both knees bent
- ✓ Lift your knee up towards the ceiling to bend the hip
- ✓ Slowly lower your leg to starting position
- ✓ Repeat 3 sets of 10x on each leg

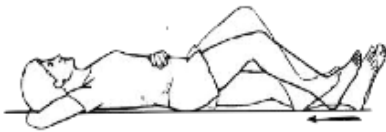
## SUPINE EXERCISES

### Exercise 6: Bridging



- ✓ Begin with both knees bent to a comfortable position or using a towel roll under your knees to support your legs.
- ✓ Squeeze your buttock muscles and slowly lift your hips up 1-3 inches off the bed.
- ✓ Slowly lower your hips to the starting position.
- ✓ 3 sets of 10 reps

### Exercise 7: Heel Slides



- ✓ Begin with both knees straight or you may bend your non-operated knee to a comfortable position.
- ✓ Bend your operated knee, sliding heel up the bed towards your buttocks as far as possible.
- ✓ Slowly return your leg to starting position by completely straightening your knee.
- ✓ 3 sets of 10 reps

### Exercise 8: Short Arc Quads



- ✓ Begin by rolling up several towels or a small blanket to form a “roll”.
- ✓ Place the roll under your knees for support.
- ✓ Keeping your thigh on the roll, slowly straighten your knee and pull your toes towards the ceiling.
- ✓ Hold this position for 5 seconds.
- ✓ Slowly lower your leg to the starting position.
- ✓ 3 sets of 10 reps
- ✓ **NOTE:** can do this lying down or sitting up

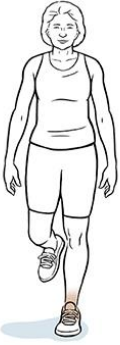
### Exercise 9: Knee extension stretch/quad sets



- ✓ Begin by placing towel or blanket roll under your ankle (at heel) so that the knee does not touch the bed.
- ✓ Tighten our thigh muscles and press knee as flat as possible.
- ✓ Should feel the stretch behind knee.
- ✓ Hold this position for 5 seconds.
- ✓ Relax thigh muscle.
- ✓ 3 sets of 10 reps

## STANDING EXERCISES

### Exercise 10: One-leg balance test (proprioception exercise)



- ✓ **IMPORTANT:** Hold onto something sturdy such as a chair or work surface for support.
- ✓ Begin by standing on both legs, shift weight onto surgical leg holding for 10 seconds.
- ✓ Bring back slowly, keep body straight throughout.
- ✓ **NOTE:** If you feel unsteady, keep non operative foot on ground and shift about 50% of weight.
- ✓ 3 sets of 10 seconds