

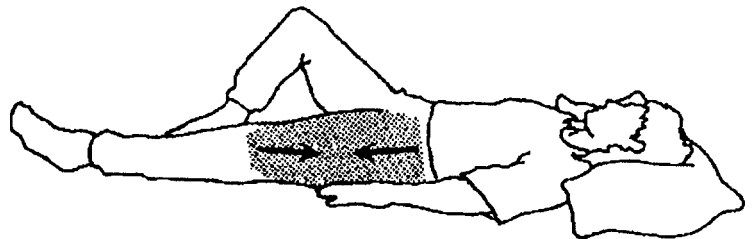
# TOTAL KNEE REPLACEMENT

The following exercise program is designed to maintain functional motion of your knee joint and increase your knee and leg muscle strength. It's important that you learn these exercises; you will need to do them in the hospital and at home for several months after your surgery. These exercises need to be done two to three times a day.

**Ankle Range of Motion:** Move your ankle up and down. Do this every hour for the first few days after surgery. This will keep your circulation moving and promoting healing.



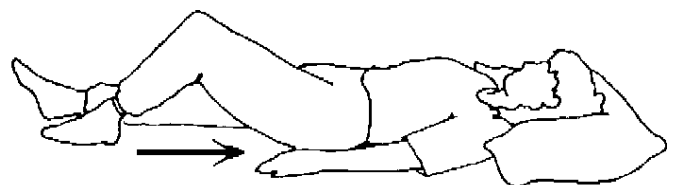
**Quad Sets:** Lie on your back with your operated leg straight. Push the back of your knee of your operated leg down into the mat. This tightens the quadriceps muscle on the top of your thigh. Hold this contraction for five seconds, and then relax the muscle completely. Repeat \_\_\_\_\_ times.



**Hamstring Sets:** Lie on your back with your operated knee slightly bent. Push your heel down into the mat/bed. Hold for five seconds, and then relax. Repeat \_\_\_\_\_ times.



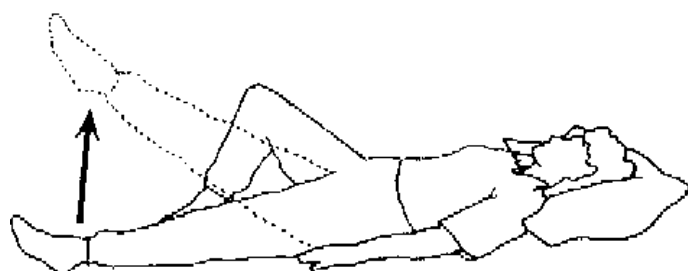
**Hip Flexion:** With your operated leg, bend both your hip and knee by sliding your heel along the mat surface towards your buttocks, keeping your foot on the mat. Slowly return to starting position. Repeat \_\_\_\_\_ times.



**Knee Extension:** Lie on your back. Place a small rolled towel or covered coffee can under the knee of your operated leg. Pick up your heel by straightening your knee completely. Pause and return to starting position. Repeat \_\_\_\_\_ times.



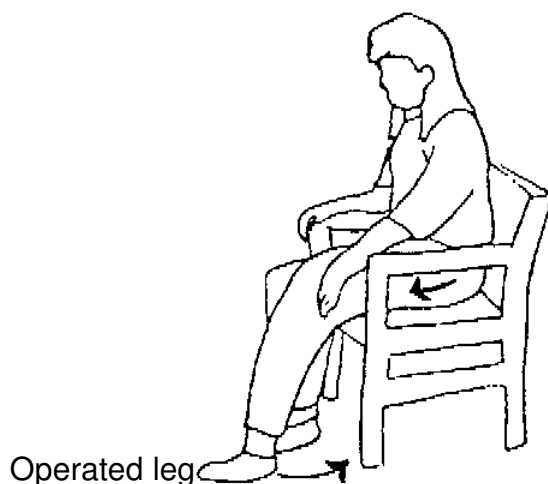
**Straight Leg Raises:** Bend your unaffected leg up, placing your foot on the mat. Keeping it in this position will protect your back. Do a quad set with your operated leg and lift your leg 6-10 inches off the mat surface, continue to keep the knee straight. *This exercise is only done if recommended. Ask for help if you need assistance.*



**ROM goal is:** 90°-115° of flexion (bending)  
0°-10° of extension (straightening)

**Positioning:** Keep your operated knee as straight and flat as possible. Avoid putting pillows under your knees.

**ROM – Sitting Stretches:** Sit in a well-supported chair. Slowly pull your operated leg underneath you, until you feel a gentle stretch across the knee. Make sure you keep your weight over your hips by sitting on both hips evenly. Slowly slide your buttocks out toward the edge of the chair. Make sure you keep your operated leg in the same position. **Do not move your foot.** You will begin to experience an increased stretch across the knee and thigh. Slide out to the point in which you can tolerate the stretch and stop. Hold this position for one minute. (Less than a one-minute hold does not allow for the increased muscle stretch and flexibility you are trying to achieve.) Do this stretch three times daily.



**Suggestions:** Do this stretching exercise while reading a book, watching television, or doing some other activity which can distract you from the increased discomfort of the stretch.