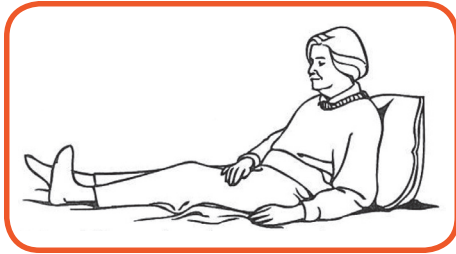


ORTHOPAEDIC SERVICES

TOTAL KNEE REPLACEMENT EXERCISES

General Instructions:

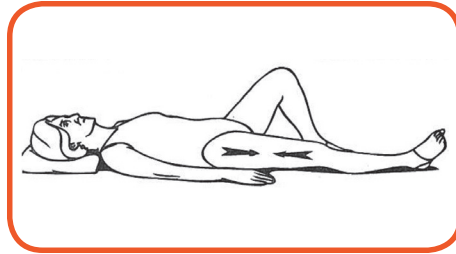
Exercises to be done before, during and after your hospital stay. Perform only those exercises indicated by your physical therapist. For all exercises, perform 20 repetitions **slowly**.



1. Ankle Pumps

Gently point toes up towards your nose and down towards the surface. Do both ankles at the same time or alternating feet.

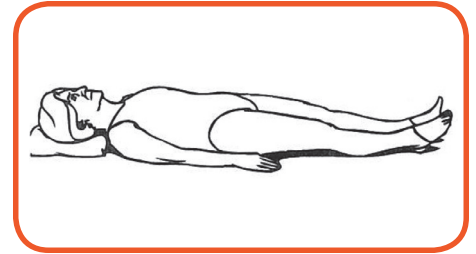
Coaches note: Perform throughout the day, 10 per hour while awake.



2. Quad Sets

Slowly tighten thigh muscles of legs, pushing knees down into the surface. Hold for 5 count.

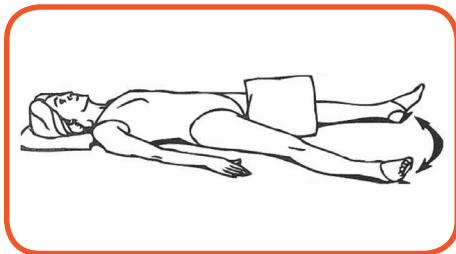
Coaches note: Look and feel for the muscle above the knee to contract. As strength improves, the heel should come slightly off the surface.



3. Gluteal Sets

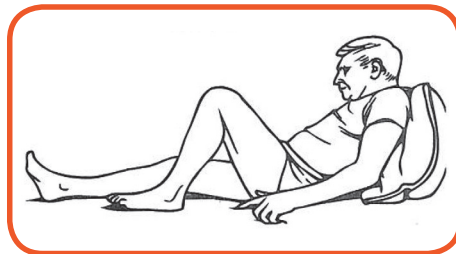
Squeeze the buttocks together as tightly as possible. Hold for 5 count.

Coaches note: Patient can place hands on right and left gluteal (buttocks) area and feel for equal muscle contractions.



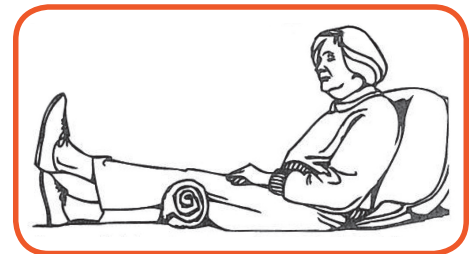
4. Abduction and Adduction

Slide leg out to the side. Keep kneecap and toes pointing toward ceiling. Gently bring leg back to pillow. May do both legs at the same time.



5. Heel Slides

Bend knee and pull heel towards buttocks. If needed, assist by pulling with a bed sheet placed under the foot for increased knee bend.



6. Short Arc Quads

Place a large rolled towel (about 8" diameter) under the leg. Straighten knee and leg. Hold straight for 5 count.

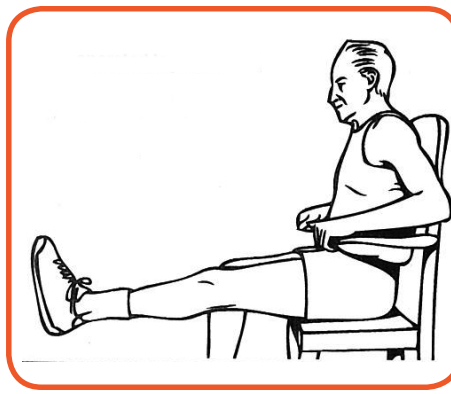
Coaches note: Work for full extension (straightening) of the knee. Assist with hand under heel, encouraging lifting the foot from the hand.



7. Straight Leg Raises

Bend good knee, securing heel on surface. Keep affected leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg 10 inches from the surface and hold for 2 count. Lower it slowly, keeping the muscle tight.

Coaches note: Make sure the straight leg is maintained and the knee does not bend with the lift. Go slowly. If needed, put hand under foot as in #6.



8. Knee Extension - Long Arc Quads

Slowly straighten operated leg and try to hold it for 5 count.

Coaches note: Encourage patient to completely straighten knee.



9. Sitting Knee Flexion

Keeping feet on floor, slide foot of operated leg backward, bending knee. Hold for 5 count.

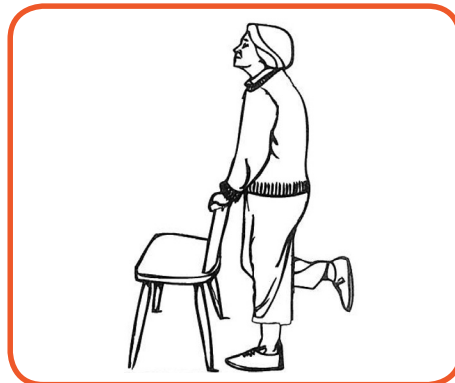
Coaches note: Each time bend to the point of **pain and then just a little more**. Slide foot underneath chair, keeping hips on chair.



10. Standing Heel Raises

Hold on to a walker. Rise up on toes slowly for 5 count. Come back to foot flat on the floor.

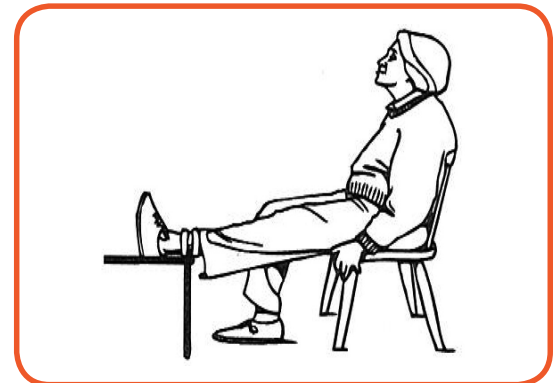
Coaches note: When lifting up, do not lean backward.



11. Standing Knee Flexion

Holding on to a walker, bend the knee, lifting foot toward buttocks. Hold for 2 count.

Coaches note: The tendency is for the hip to come forward as the knee is bent. Encourage a straight line from the shoulder to knee.



12. Extension Stretch

Prop foot of operated leg up on a chair. Put a roll under your ankle. Sit back and try to relax. You may apply ice at the same time. Stretch for 5 minutes.

Coaches note: When sitting for any length of time, prop your foot as shown. **Do not sit with your knee bent more than 2 hours at a time without changing positions.**