









Total Knee Replacement Home Exercises

Complete all exercises as tolerated

SET 1 EXERCISES

<p>ANKLE PUMPS Bend your foot up and down at your ankle joint.</p>		<p>Repeat: 30 times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>QUAD SET Tighten your thigh muscle (quadriceps) as you attempt to press the back of your knee downward.</p>		<p>Repeat: 10 times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>GLUTE SET (Butt Squeeze) While lying on your back or sitting in a chair, squeeze your buttocks and hold for 3 seconds, release. Repeat.</p>		<p>Repeat: 10 times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>TOWEL SLIDES Sit with your foot on a small towel. Slowly slide your foot closer towards you, bending the knee as you do. Push it back out slowly. Repeat.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p> <p>Hold for 2-3 seconds in bent position</p>

SET 2 EXERCISES

<p>HIP ABDUCTION</p> <p>While sitting or lying down, slowly bring your leg out to the side and back in. Keep your knee straight and toes pointed toward the ceiling.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day *You may need something under your heel to reduce friction*</p>
<p>SHORT-ARC QUAD</p> <p>Place a rolled towel or other firm bolster under your knee. Slowly straighten your knee as you lift your heel off the table. Lower down slowly.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day *If possible, have someone help you straighten the knee fully*</p>
<p>KNEE "DANGLE"</p> <p>Sit at the edge of a chair/high table, and let your legs "dangle" so that gravity can assist your knee into flexion.</p>		<p>Hold: 2-3+ minutes</p> <p>If you need to "bail out," utilize your non-surgical leg to lift the surgical leg.</p>
<p>HEEL PROP</p> <p>Sit with heel propped using a towel. Relax and allow leg to straighten into knee extension.</p>		<p>Hold: As tolerated</p> <p>Utilize your other leg or leg lifter to remove foot from prop</p>
<p>CALF STRETCH</p> <p>While seated, hook a towel or strap under your foot and pull your ankle back until a stretch is felt in your calf muscle.</p>		<p>Hold: 15-30 seconds, keeping your surgical knee straight. Complete 3-4 times, 2-3x/day</p>