## *Home Exercises After Your Total Knee Surgery*

Listed below are two groups of home exercises that are essential for a complete recovery from your surgery. The first group focuses on range of motion and flexibility exercises that are important to improving your motion. Some of these should look familiar to you as they are similar to the exercises you performed preoperatively. The second group features strengthening exercises to restore you to full strength. You should discuss with your physical therapist which exercises you should be performing at home. Some of these exercises you will perform during the first 2 weeks, others during weeks 2-4, and still others during weeks 4-6 and beyond. Your program should take approximately 20 minutes to complete and should be done 2x/day. Your therapist will give you additional exercises and remove others from this program as you progress.

## *Post-op Exercise Prescription Plan*

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| 1. | Ankle Pumps | 20 reps. | 2 times/day |
| 2. | Quad Sets | 20 reps. | 2 times/day |
| 3. | Gluteal Sets | 20 reps. | 2 times/day |
| 4. | Hip Abduction/Adduction | 20 reps. | 2 times/day |
| 5. | Heel Slides | 20 reps. | 2 times/day |
| 6. | Short Arc Quads | 20 reps. | 2 times/day |
| 7. | Long Arc Quads | 20 reps. | 2 times/day |
| 8. | Straight Leg Raises | 20 reps. | 2 times/day |
| 9. | Knee Flexion in Chair | 20 reps | 2 times/day |
| 10. | Knee Extension Stretch | 20 mins | 2 times/day |

## ***Post-op Knee Exercises*** (see the following pages for descriptions)

## *Range of Motion & Strengthening Exercises*

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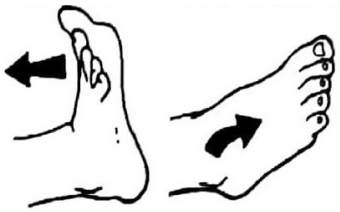
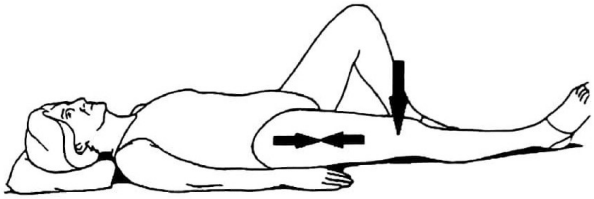
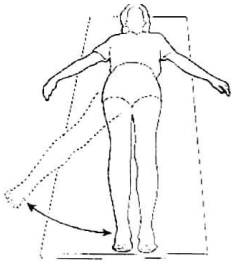
| **Ankle Pumps**<br>Move ankle up and down.<br>Repeat 20 times. |  |
| **Quad Sets**<br>Lie on back, press knee into mat, tightening muscles on front of thigh. Hold for 5 secs. Do NOT hold breath. Repeat 20 times. |  |
| **Gluteal Sets**<br>Squeeze bottom together. Hold for 5 secs. Do NOT hold breath. Repeat 20 times. |  |
| **Hip Abduction/Adduction**<br>Lie on back, slide legs out to side. Keep toes pointed up. Bring legs back to starting point. Repeat 20 times. |  |

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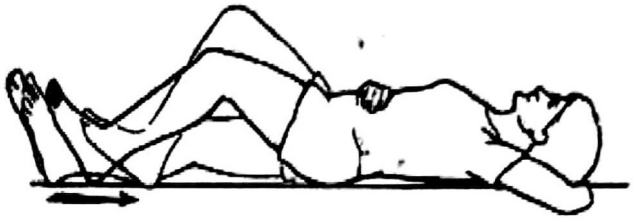
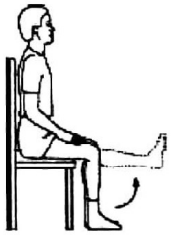
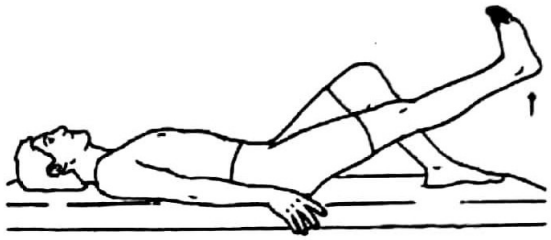
| **Heel Slides**<br>Lie on couch or bed. Slide heel towards your bottom. Repeat 20 times. |  |
| **Short Arc Quads**<br>Lie on back, place towel roll under thigh. Lift foot, straightening knee. Hold for 5 secs. Repeat 20 times. |  |
| **Long Arc Quads**<br>Sit with back against chair. Straighten knee. Hold for 5 secs. Repeat 20 times. |  |
| **Straight Leg Raises**<br>Lie on back, unaffected knee bent and foot flat. Lift opposite leg up 12 inches. Keep knee straight and toes pointed up. Repeat 20 times. |  |

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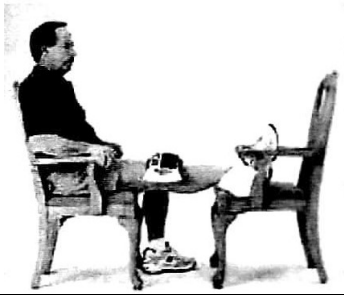
| **Knee Flexion in Chair**<br>Keeping feet on floor, slife foot of operated leg back, bending knee. Hold for 0-30 seconds. Repeat 20-30 times. Do 2-3x/day. Use a sheet to help pull the leg back if needed to increase range of motion. |  |
| **Knee Extension Stretch**<br>Prop foot of affected leg up on chair. Place towel roll under ankle and a bag of ice (or nothing) on top of knee. Do this for 20 minutes. |  |

## ***Advanced Strengthening Exercises –***

**<u>To be reviewed by home or out-patient Physical Therapist</u>**

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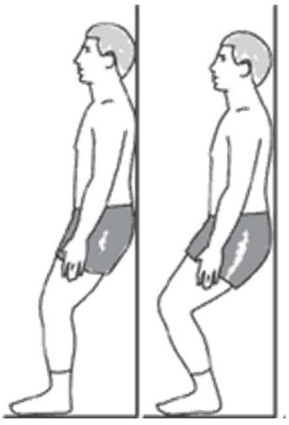
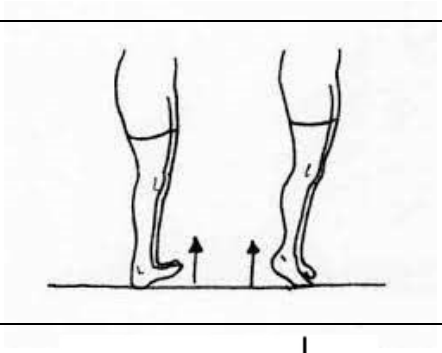
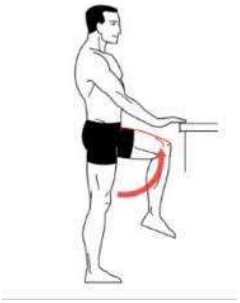
| **Quarter/Mini Squats**<br>With feet shoulder-width apart and back against the wall, slide down wall until knees are at a 30-45 degree bend. Return to upright position. Fo this with therapist supervision before attempting on your own. **Your knees should NOT bend enough to cause pain!** |  |
| **Heel/Toe Raise**<br>Standing, hold on to a firm surface. Raise up on toes. Lower heels, then lift toes. Keep your chest lifted. |  |
| **Knee Flexion Stretch on Steps**<br>While holding onto a railing, place place foot of surgical side on the first or second step. Lean forward to increase the knee bend. Hold 30 seconds. Repeat 3-5 times. |  |
| **Standing Hip Flexion**<br>Standing, slowly march in place. Repeat 30 times. Hold on to a counter or railing if needed. |  |

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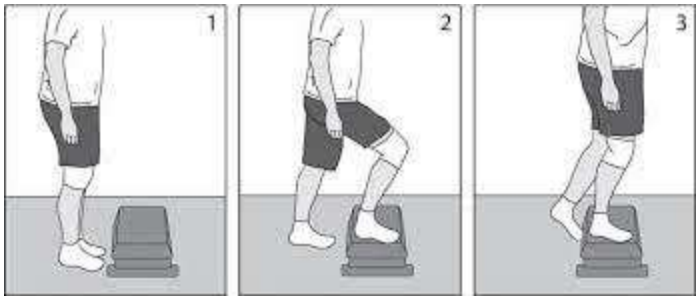
| **Single Leg Step-Up**<br>With foot of surgical leg on step, push weight into foot and straighten leg to step up. Step back with non-surgical side. Use a small step or book to start. Start low. The higher the step, the more challenging. **Perform this with therapist first!** |  |
| **Single Leg Balance**<br>Standing in front of a counter or sturdy surface, bend the knee of your non-operative side. Try to use your hands as little as possible to maintain your balance. Hold for 10 seconds. Repeat 5 times. Practice on both legs. **Perform this with your therapist first!** |  |