BONE AND JOINT INSTITUTE

TOTAL / PARTIAL KNEE REPLACEMENT

(This can be performed before and after surgery)

Supine Ankle Pumps Elevated

ANKLE PUMPS Instructions: Lie on your back. Gently pump ankle in full available range of motion by pulling toes toward your shin and then pressing down and pointing your toes. If you can perform this with your foot elevated above your heart, it can help with swelling.

- **Repeat 2-3 sets of 10 repetitions, every 1 - 2 hours**

Supine Knee Extension Stretch

KNEE EXTENSION STRETCH Instructions: Lie on your back and prop your heel up on towel roll/pillows so the back of your knee is off the bed. Relax your knee and let gravity pull your knee into a straight position.

- **Repeat for 3 - 5 sets of 1 minute holds. Perform 3 times a day.**

Quad Set

QUAD SET Instructions: Lie on your back. Tighten your thigh muscle as you push the back of your knee into the bed, Do not hold your breath.

- **Repeat 2 sets of 10 repetitions with 5 second hold, 2 - 3 times a day.**

Supine Heel Slide

HEEL SLIDES Instructions: Lie on your back, and bend your surgical leg by sliding your heel toward your buttocks, keeping foot in contact with the bed.

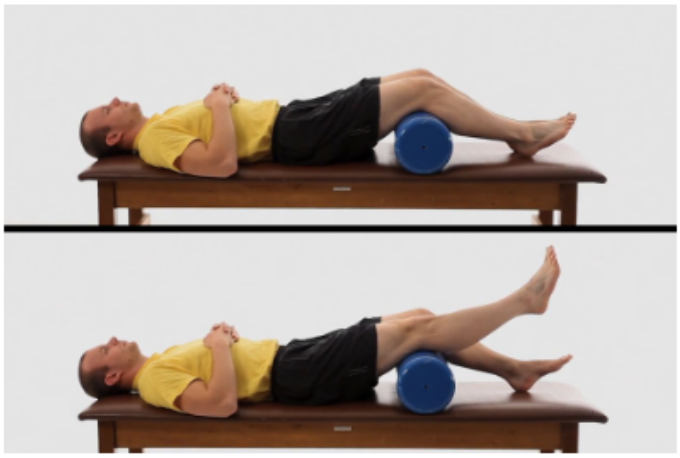
- **Repeat 2 sets of 10 repetitions, 2 - 3 times per day**
- **You may be instructed to loop a sheet around your foot to assist with sliding**

Glute Set

GLUTE SETS Instructions: Lie on your back with your legs straight. Squeeze your buttocks together and tighten your buttock muscles.

- **Repeat 2 sets of 10 repetitions with 5 sec hold, 2 - 3 times per day**

Short Arc Quads



SHORT ARC QUADS Instructions: Lie on your back with a foam/towel roll your knee. Tighten your thigh and lift your foot toward the ceiling, keeping your thigh on the roll

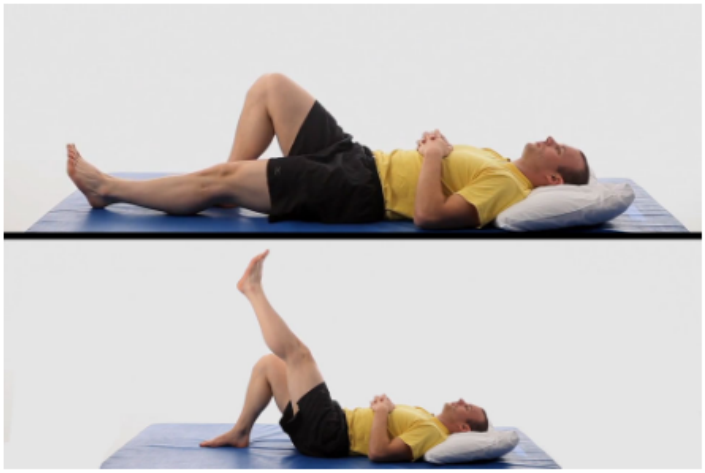
- **Perform 2 sets of 10 repetitions, 2 - 3 times per day**

Seated Knee Flexion/Extension with Towel

SEATED HEEL SLIDES Instructions: Sit in a standard chair on hardwood/tile floor with towel under your foot. Bend knee and slide foot behind you as far as you can – you can use the other leg to gently push the leg back further, if tolerated.

- **Perform 2 sets of 10 repetitions, 2 - 3 times per day**

Straight Leg Raise (SLR)



STRAIGHT LEG RAISES Instructions: Lie on your back non-surgical knee bent and surgical knee fully straightened. Perform quad set (as in previous exercise) and lift surgical leg to level of the other thigh, maintaining a straight knee as you lift and lower to starting position.

- Perform 1 - 2 sets of 10 repetitions, 2 - 3 times per day.
- You may require some initial assistance at your heel to decrease discomfort and assist with motion control.

Long Sitting Calf Stretch with Strap

LONG SITTING CALF STRETCHES Instructions: Sit with your leg extended in front of you, or in a chair with surgical leg extended in front of you on the floor. Loop the top of your foot with a sheet/strap and with your knee fully extended and pull your foot towards your shin.

- Perform 10 repetitions of 10 second holds, 2 - 3 times per day.

<u>For questions, please call our office at 615-791-2630.</u>