

Total Knee Exercises

Why should I exercise my knee?

Doing the exercises in this handout will help you recover after total knee replacement surgery. Because they strengthen the muscles that support your knee, they can also prevent knee damage.

How should I do it? And how often?

Do the selected exercises with both your legs, exactly as you were taught. Do the best you can without getting to the point of severe pain.

Exercise is often measured in **repetitions** and **sets**.

- A **repetition** is doing an exercise movement once.
- A **set** is a certain number of repetitions. For example, a set might be 10 repetitions.

Do these exercises:

_____ repetitions each set
 _____ sets each time you do the exercise
 _____ times every day

□ Heel slides

- Lie on your back with your legs straight.
- Slide your heel up toward your buttocks.
- Return to starting position.



□ Quad sets

- Lay or sit with your leg extended.
- Tighten the quad muscles above your knee on the front of your thigh.
- Try to push the back of your knee downward
- Hold this position for _____ seconds.



□ Knee extensions

- Lie on your back with your involved leg bent to 45 degrees. Put a pillow or towel under your knee for support.



- Straighten your leg at your knee. Hold this position for _____ seconds.
- Return to the starting position.

□ Knee stretch

- Lay flat on your back with your ankle supported by a rolled-up towel.



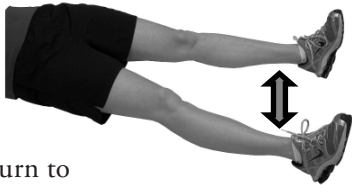
- Relax your leg, letting gravity straighten your leg.
- Work up to _____ minute(s).

□ Hip abduction (“angels in the snow”)

- Lie on your back with your legs together.



- Move your leg out to the side, keeping your knee straight.



- Return to starting position.

□ Buttocks squeeze

- Lie on your back with your legs straight.
- Squeeze buttocks together.



- Hold this position for _____ seconds.

□ Ankle pumps

- Sit or lie down with your operated knee at 45 degrees.
- Move your foot up and down as shown.

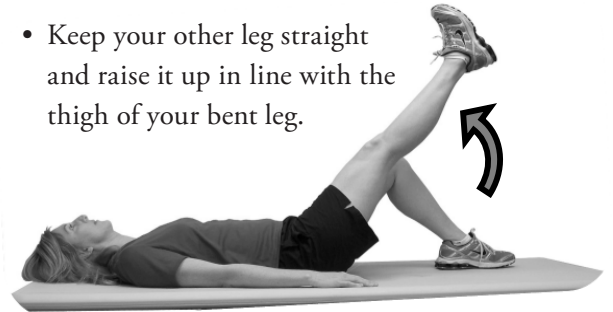


□ Leg raise

- Lie on your back with your non-operated knee bent.



- Keep your other leg straight and raise it up in line with the thigh of your bent leg.



- Hold this position for _____ seconds.
- Return to the starting position.

□ Sitting knee stretch

- Sit in a chair.
- Bend your operated knee as much as possible.
- Hold this position for _____ seconds.
- Relax and repeat.



Beginning level: slide your heel back.

Intermediate level: use your opposite foot to assist the stretch.

Advanced level: plant your foot, then scoot your hips forward, bending your knee.

□ Roll leg in and out

- Lie on your back with your legs straight in front of you.
- Rotate one leg at the hip so your toes point outward.
- Return to starting position.

Neutral position



Rotated position



□ Sitting knee extension

- Sit with your legs bent to 90 degrees.
- Straighten your operated leg at your knee.
- Return to starting position.



□ Heel raises and toe raises

- Stand up using a counter for balance.
- Raise up on your toes as high as you can. Return to starting position and repeat.
- Next put your weight on your heels and raise your toes. Return to starting position and repeat.



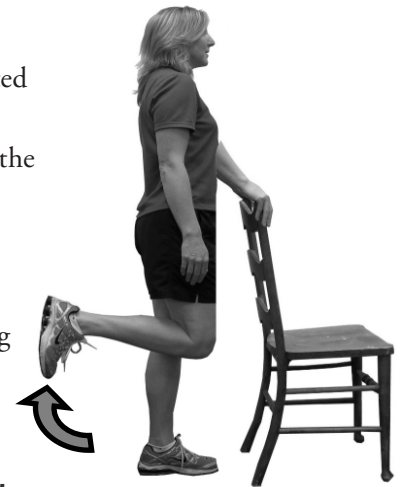
□ Knee squats

- Stand on both feet, holding on to a counter or wall for balance if needed.
- Bend your knees to 45 degrees. Be sure to keep good low back posture. Don't let your knee go past the end of your toes.
- Return to starting position.



□ Standing knee flex

- Stand holding a wall or chair. Bend your operated leg toward your buttock through the full range. (Do not bend leg at hips.)
- Return to starting position.



□ Knee marching

- Hold onto a table, and stand with your feet shoulder-width apart.
- Raise one knee as high as you can, then lower it.
- Repeat with the other knee.
- Continue like you are marching in place.



Sitting knee stretch with towel

- Sit on a flat surface.
- Bend your operated knee with your foot flat.
- Loop a towel around your ankle and slide your heel towards your buttocks.
- Hold this position for _____ seconds.
- Relax and repeat.



Chair sit to stand

- Stand holding onto a counter, with a chair behind you.
- Lean forward slightly as you bend your knees and lower your buttock toward the chair, as if you are going to sit down.
- Before you touch the chair, stand up to full upright position.



Standing balance with stride

- Stand with your feet together with one foot slightly in front of your other foot. Maintain your balance.
- Repeat with the opposite foot in front.
- Do this with:
 - open eyes
 - darkened room
 - closed eyes



Heel-to-toe walk

- Start in a standing position.
- Step placing one foot directly in front of your other foot.
- Continue taking steps one foot in front of the other.



Forward lunge

- Stand with feet together and then step forward, keeping your trunk vertical.
- Push back up to your starting position.
- Repeat the lunge with your other leg.



Progress Chart

Your therapist may use this chart to measure your progress in moving your knee.

Date	Flexion (bend)	Extension (straighten)