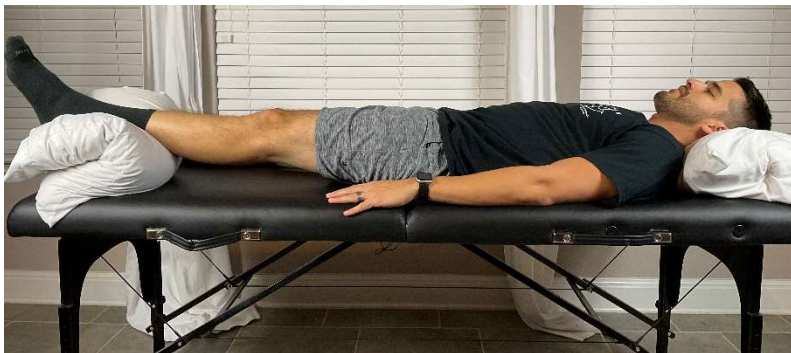




TOTAL KNEE-Home Exercise Program

Knee Extension Stretch on Pillow / Towel Roll

Phase 1



REPS	HOLD	DAILY
1	5 min	2

Lay on your back with your leg straight and heel resting on a pillow or towel roll.

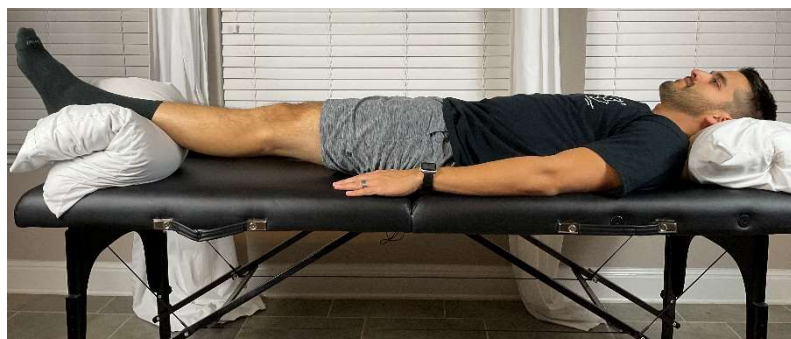
Quad Setting and Stretching on Pillow / Towel Roll



REPS	HOLD	DAILY
10	5 sec	2

Lay on your back with your heel resting on a pillow or towel roll.

Tighten the muscles in your thigh, straightening and pressing your knee down toward the bed. Hold, then relax and repeat.



Short Arc Quad with Pillow Under Knee

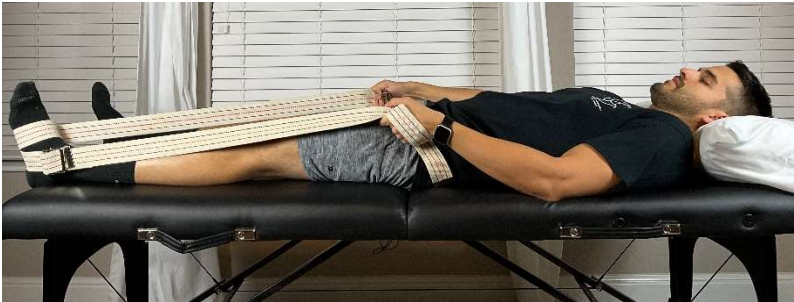


REPS	HOLD	DAILY
10	5 sec	2

Lay on your back with a pillow under your knee.

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the pillow.

Heel Slide with Strap / Belt



REPS	HOLD	DAILY
10	5 sec	2

Lay on your back with leg straight, holding the ends of a strap that is looped around the bottom of one foot.

Pull on the strap, sliding your heel toward your buttocks, then slide your heel back to the starting position. Hold and repeat.



Hamstring Stretch with Strap



REPS	HOLD	DAILY
10	5 sec	2

Lay on your back with surgical leg straight and other leg bent. Hold the ends of a strap that is looped around the foot of surgical leg.

Keeping your leg straight, slowly pull on the strap to raise your leg up until you feel a stretch in the back of your leg. Hold, then lower back down to the starting position and repeat.

Straight Leg Raises



REPS	HOLD	DAILY
10	5 sec	2

Lay on your back with leg straight and other leg bent.

keeping your knee straight, slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.



Seated Long Arc Quad



REPS	HOLD	DAILY
10	5 sec	2

Begin sitting upright in a chair.

Slowly straighten knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Seated Knee Flexion and Extension



REPS	HOLD	DAILY
10	5 sec	2

Begin sitting upright in a chair.

Slowly slide your foot forward as far as you can with your toes up. Then slowly slide your heel backward as far as you can and use other leg to push back for a little extra stretch.

