



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.

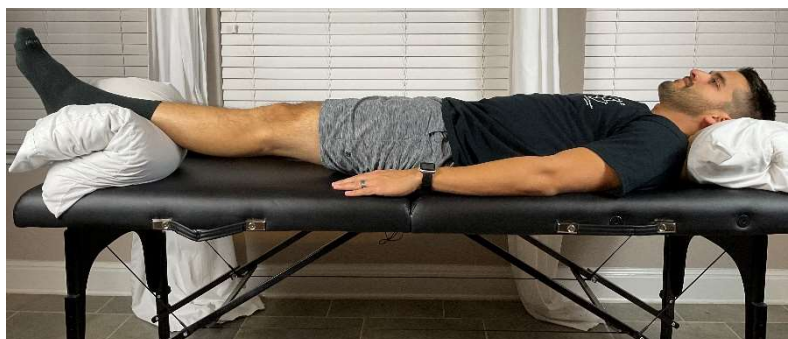
Quad Setting and Stretching on Pillow / Towel Roll



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.



Heel Raises with Arm Support



Phase 2

REPS	HOLD	DAILY
10	2 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Lift your heels, rising up onto the balls of your feet, then slowly lower back down to the ground, and repeat.

Standing Single Leg March with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Slowly lift surgical knee to waist height, then lower it back down and repeat.



Standing Knee Flexion with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Pick up one foot and bend your surgical knee as far as you can. Then, lower your leg back to the floor and repeat. Make sure to keep your back straight.

Mini Squat with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet shoulder width apart and your hands on your walker.

Slowly bend your knees to lower into a mini squat position. Return to a standing upright position by tightening your quad and glute to straighten knees and hips. Hold and repeat.



Church Pew



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart.

Slowly shift your weight forward, hold briefly, then slowly shift your weight backward, hold briefly, and repeat.

Make sure to maintain your balance and keep your movements slow and controlled. Try to keep your heels and toes on the ground.

Retro Step with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your feet hip width apart and your hands on your walker.

Step backward with your involved leg, shifting your weight onto your back heel. At the same time, raise your opposite hand overhead. Return to the starting position and repeat.



Terminal Knee Extension with Band



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with surgical knee slightly bent and a resistance band looped around your leg just above your knee.

Slowly straighten your knee, pushing against the resistance. Hold, then relax and repeat.

Standing Quad Stretch with Belt and Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with walker or counter next to you for balance.

Bend your knee and place a belt or towel around your ankle, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh.



Forward Step Up with Arm Support



Phase 3

REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

Step forward onto the step with surgical leg, then step up with your other leg. Step back down to the ground in the reverse order.

Lateral Step Up with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with a step to your side and your hands resting on a counter or walker in front of you.

Step up onto the platform with surgical leg, then follow with your other foot. Step down in the reverse order.



Partial Forward Lunge with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position next to a counter or walker.

Holding onto the counter as needed, take a large step forward and slowly lower your body into a mini lunge position. Return to standing and repeat.

Partial Side Lunge with Arm Support



REPS	HOLD	DAILY
10	5 sec	2

Begin in a standing upright position with your hands resting on a counter or walker in front of you.

Step to the side with surgical leg, lowering your body into a side lunge position and keeping your other leg straight. Slowly return to the starting position and repeat.



Sit to Stand with Arm Support

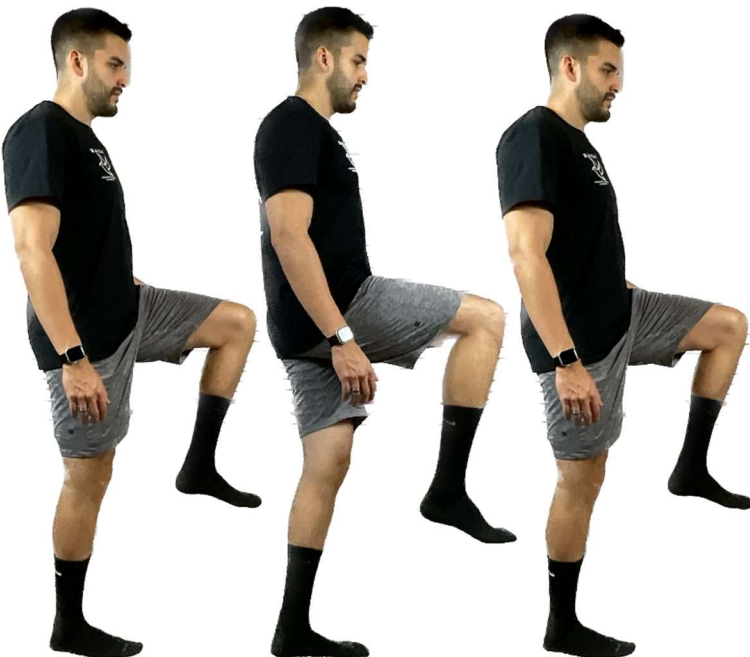


REPS	HOLD	DAILY
10	5 sec	2

Begin sitting upright with your feet flat on the ground and your hands on the armrests.

Lean your torso forward so your head is over your toes, stand up with the help of your hands and by tighten your quads and glutes to straighten knees and hips, hold, slowly sit back down using the armrests for support and repeat.

Walking March with Arm Support



REPS	DISTANCE	DAILY
6	10 feet	2

Begin in a standing upright position next to counter with one hand resting on counter.

March slowly forward, lifting one leg to a 90 degree angle.

Make sure to maintain upright posture and move your legs continuously in unison. Use counter for support as needed.



Sidestepping with Arm Support



REPS	DISTANCE	DAILY
10	10 feet	2

Begin in a standing upright position facing counter. Bend your hips and knees into a mini squat position.

Slowly step sideways, then step back to the starting position in the opposite direction.

Use counter for support as needed.

Backwards Walking with Arm Support



REPS	DISTANCE	DAILY
10	10 feet	2

Begin in a standing upright position next to counter with one hand resting on counter.

Slowly walk backwards.

Make sure to maintain your balance and good posture as you take each step.

