

Total Knee Replacement Rehabilitation Exercises

It is important to consistently perform the exercise prescribed by your Physical Therapist in order to regain the range-of-motion and strength in your knee needed to resume activities such as walking, climbing stairs, getting in and out of a car without difficulty.

It is not unusual to experience some pain during the exercise session. As a general rule, your pain should subside to the pre-exercise level within 60 minutes following completion of the activity. The exercises that follow will be reviewed and prescribed by your HCR Physical Therapist, who will fill in the blanks to create a specific program for you. Please contact your HCR Physical Therapist if you experience substantial difficulty with pain while performing any of the exercises prescribed.

Phase I

☐ **Ankle Pumps**

(1) Slowly bend the foot up and down at the ankle. Repeat ____.



☐ **Quadriceps Sets**

(2) Tighten the thigh muscle and push the back of the knee into the bed. Hold ____ seconds. Repeat ____.

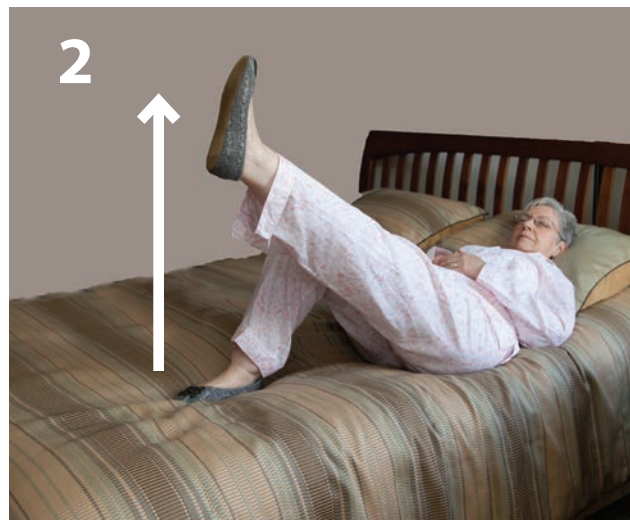


Phase I (Continued)☐ **Gluteus Sets**

(3) Tighten buttock muscles. Hold ____ seconds. Repeat ____.

☐ **Straight Leg Raise**

(4) Bend unaffected knee by placing the foot flat. Keep the involved knee as straight as possible while raising the whole leg to a height no higher than the opposite knee. Repeat ____.

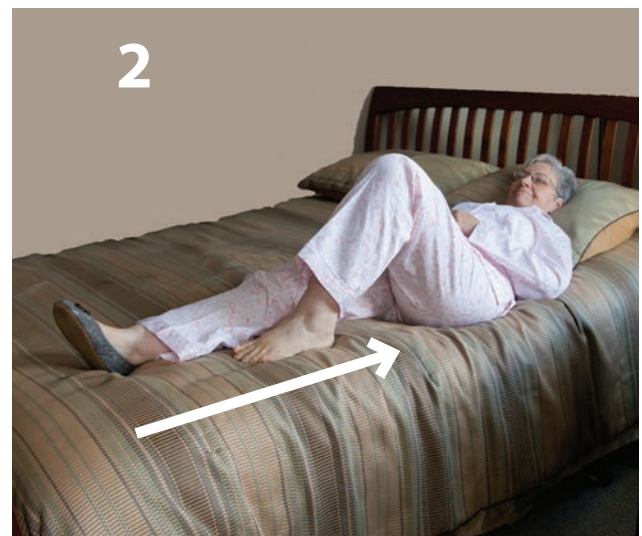


Phase I (Continued)**❑ Short Arc Quads**

(5) Place rolled towel, pillow, or coffee can under the knee, raise heel off bed to straighten knee. Hold ____ seconds. Repeat ____.

**❑ Heel Slide Stretch**

(6) Bend the involved knee by sliding the heel toward your bottom. Hold ____ seconds. Repeat ____.



Phase II

❑ Long Arc Quads

(1) Sit in a chair or on the edge of a bed with thigh fully supported. Straighten knee. Hold ____ seconds, slowly lower and repeat ____.



❑ Seated Knee Flexion Stretch

(2) Sit in a chair. Slide foot of the involved leg under the chair until a good stretch is felt. (Optional: Slowly scoot forward toward the edge of the chair to stretch the knee further. Hold ____ seconds. Repeat ____.



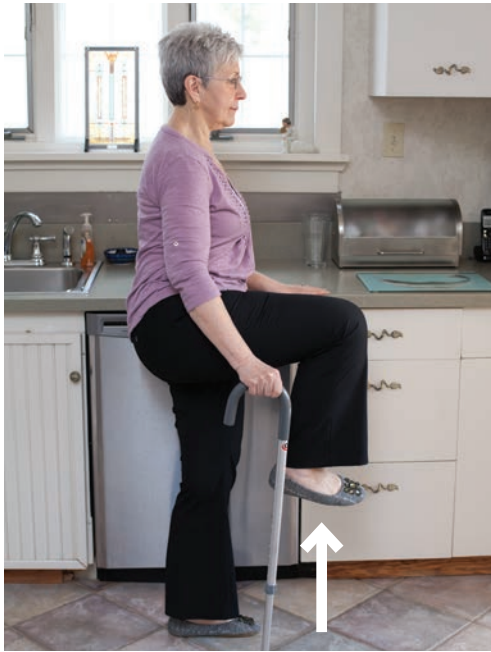
Phase II (Continued)**□ Standing Knee Flexion**

(3) Stand and hold on to a solid object. Slowly bend the involved knee until tension prevents any more motion. Keep the knees together throughout the motion. Hold ____ seconds. Repeat ____.



Phase II (Continued)**□ Standing Hip Flexion**

(4) Stand and hold on to a solid object. Slowly raise the knee upward as shown. Hold ____ seconds. Repeat ____.

**□ Knee Extension Stretch**

(5) Sit with the involved heel resting on a chair. Relax and allow gravity to stretch the knee straight. Hold ____ seconds. Repeat ____.



Phase III

☐ **Stair Knee Flexion Stretch**

(1) Place the foot of the involved leg on the first step of a staircase. Gently lean forward to stretch the ____ knee. Hold ____ seconds. Repeat ____.



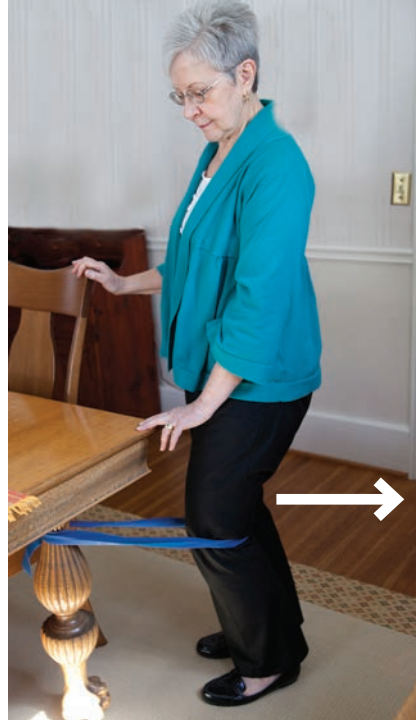
☐ **Step Ups**

(2) Hold on to a solid object for support. A step stool may be used. Place the ____ foot on the step stool and step up with the ____ leg. Repeat ____.



Phase III (Continued)**❑ Standing Terminal Knee Extension**

(3) Arrange the band around the _____ as shown. Begin with knee bent part way, then slowly straighten knee. Squeeze your front thigh muscle and hold ____ seconds. Repeat ____.

**❑ Prone Knee Flexion**

(4) Lie on bed as shown. Slowly bend the _____ knee. Hold ____ seconds. Repeat ____.



Phase III (Continued)**❑ Supine Wall Slide Stretch**

(5) Lie on a bed with the ____ foot on the wall. Let the force of gravity bend your knee as your foot slides down the wall. Hold ____ seconds. Repeat ____.

**❑ Prone Knee Hang Stretch**

(6) Lie on bed with the knee slightly off the edge. Slowly allow gravity to extend the ____ knee. Hold ____ seconds. Repeat ____.

