

EXERCISES AFTER KNEE SURGERY

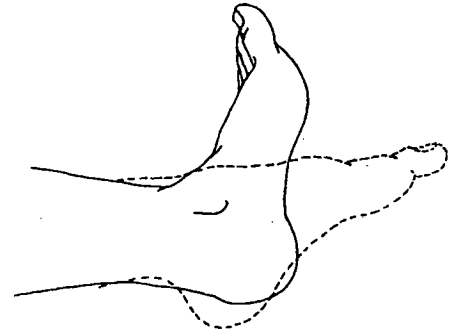
Your weight bearing status is _____

Your personal home exercise program should be followed 2-3 times per day. Remember to take your pain medication at least ½ hour prior to exercising. Important: avoid holding your breath while performing these exercises.

ANKLE PUMPS

Point your foot down, then pull your foot up.

Repeat 20 times



QUAD SETS (thigh tightening)

Lie on your back. With hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold at least 5 counts, then relax.

Repeat 10 times

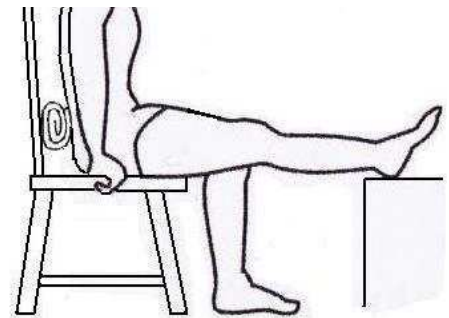


PASSIVE EXTENSION

Bend the opposite hip and knee with foot flat on the bed to protect your back. Keep toes pointed toward ceiling.

Place a towel roll under your ankle. Allow your knee to relax. Stay stretched for up to 10 min, 2 to 3 times a day.

This stretch may also be done while sitting. Place foot up on a table or chair. Keep toes pointed toward ceiling.



-OVER

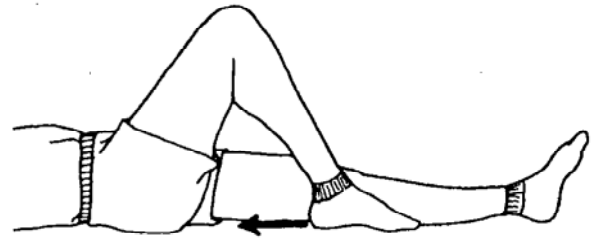
EXERCISES AFTER KNEE SURGERY.....



HEEL SLIDES

Lie on your back. Slide your heel up for at least 5 counts, then relax.

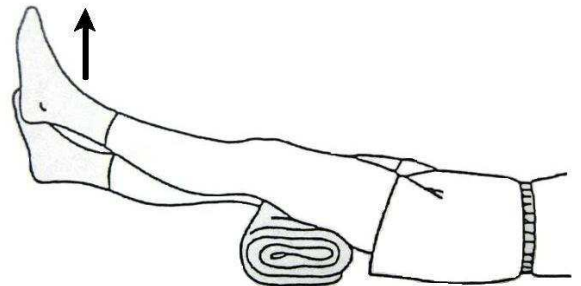
Repeat 10 times



SHORT ARC QUAD

Lie on your back. With knee bent over towel roll, raise your foot until the knee is straight. Hold for 3-5 counts. Then let it down slowly.

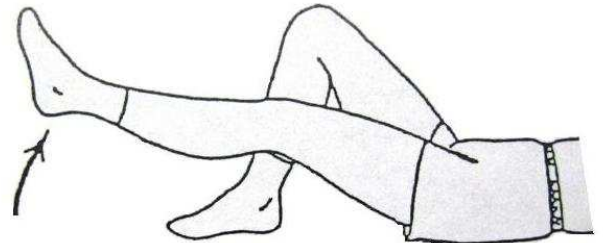
Repeat 10 times



STRAIGHT LEG RAISE

Bend the opposite hip and knee with foot flat on the bed to protect your back. Tighten your thigh muscle of the operated leg, then lift while keeping the knee straight. Lower your leg slowly.

Repeat 6-10 times



KNEE FLEXION WHILE SITTING

Sit in a firm chair with your hips level. Slide your heel back, bending your knee as far as you can.

Then keep your operative foot firmly in one place on the floor and slowly scoot your buttocks out toward the edge of the chair. Hold for the count of 10.

Repeat 3-5 times

