

KNEE EXERCISES

- Starting your exercise program pre-surgery and working on mobility early is vital to making your surgery a complete success.
- Please begin these exercises right away and continue until you see the Physical Therapist (PT) and/or Occupational Therapist (OT) following your surgery.

Pre-Operatively: Perform exercises 2 sets of 10 reps daily.

Post-Operatively: Perform exercises 3 sets of 10, 3 times per day as tolerated.

Do exercises with both legs.

1 - CHAIR PUSH UP



Lift buttocks off seat of chair by pushing down with arms.

2 - SEATED KNEE FLEXION



Place foot on smooth surface and slowly slide foot back as far as possible to stretch knee. Pause before returning to start position. Hold each repetition 5 seconds.

3 - SUPINE HEEL SLIDES



Bend knee and slide heel toward buttocks until a stretch is felt. Hold for 5 seconds.

Can use a cookie sheet/plastic grocery bag at home to assist, if needed.

4 - HEEL LIFTS



Lying on back with a rolled towel under the knee, straighten lower leg to a fully extended position. **Slowly lower back down.**

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ACTIVITY: Be sure to get up at least 1 time per hour, while awake, and take a short walk.

5 - HEEL PROP



Place a towel roll under the heel area. Let gravity straighten the knee for 1 minute.

Do 3 times for 1 minute each; 2-3 times each day.

6 - QUAD SET



Tighten your thigh muscles and push the back of the knee down towards the bed.

Hold 3-5 seconds. For added stretch, prop your heel on a pillow during exercise.