



To promote ideal recovery it is important to:

- 1 Elevate lying down with foot above heart _____ minutes _____ x/day.
- 2 Ice _____ minutes _____ x/day.
- 3 Perform all assigned exercises _____ x/day.

Total Knee Home Exercises - Set 1

ANKLE PUMPS

Do _____ reps on each leg every hour.



- Bend your ankle and pull your foot and toes towards your head.
- Push your foot back down and point your toes away from you as far as possible.

QUAD SETS

Hold for _____ seconds. Do _____ reps.



- Lie on your back or sit with your leg extended.
- Tighten your quad muscles (in the front of your thigh above your knee), to push the back of your knee downward.

KNEE STRETCH

Hold for _____ minutes.



- Lie on your back with your ankle supported by a rolled-up towel.
- Relax your leg, letting gravity straighten your knee.
- Work up to 10 minutes 3 times a day.

HEEL SLIDES

Do _____ reps.



- Lie on your back with your legs straight.
- Slide your heel in towards your buttocks.
- Return to starting position.

GLUTE SETS

Hold for _____ seconds. Do _____ reps.



- Lie on your back with your legs straight.
- Squeeze buttocks together.

KNEE EXTENSION STRETCH

Hold for _____ seconds. Do _____ reps.



- Sit as shown, holding both ends of a towel or belt looped around the ball of your foot.
- Keep your knee straight and pull the towel or belt until you feel a gentle stretch behind your knee.

Total Knee Home Exercises - Set 2

KNEE EXTENSION

Do _____ reps and _____ sets.

- Sit on a flat surface with your hands behind you for support.
- Bend your non-surgical leg.
- Place a rolled-up bath towel under the knee of your surgical leg.
- Straighten your surgical leg by lifting your foot towards the ceiling, keeping your knee on the towel roll. Then slowly lower your foot.
- Ankle weights can be added to increase resistance



LEG RAISE

Hold for _____ seconds. Do _____ reps.



- Lie on your back with your non-surgical knee bent.
- Keep your surgical leg straight and raise it until it lines up with the thigh of your bent leg.

SITTING KNEE STRETCH

Hold for _____ seconds. Do _____ reps.



- Sit in a chair.
 - Beginner: Bend your surgical knee as much as possible.
 - Intermediate: Use the other foot to help stretch.
 - Advanced: Plant your foot, then scoot your hips forward, bending your knee.

SITTING KNEE EXTENSIONS

Do _____ reps and _____ sets.

- Sit with your legs bent to 90 degrees.
- Straighten your surgical leg at your knee, then return to starting position.



MINI SQUATS

Do _____ reps and _____ sets.

- Stand on both feet, holding on to a counter or wall for balance.
- Bend your knees to 45 degrees. Be sure to keep good low back posture. Don't let your knee go past the end of your toes.
- Return to starting position.



STANDING KNEE FLEX

Do _____ reps and _____ sets.

- Stand, holding a wall or chair.
- Bend your surgical leg toward your buttock through the full range. (Do not bend leg at hips.)



HEEL RAISES AND TOE RAISES

Do _____ reps and _____ sets.

- Stand up using a counter for balance.
- Raise up on your toes as high as you can. Return to starting position and repeat.
- Next put your weight on your heels and raise your toes.



Total Knee Home Exercises - Set 3

STANDING HIP ABDUCTION

Do _____ reps and _____ sets.

- Stand up straight with your weight on your non-surgical leg.
- Keep your knee straight and move your surgical leg outward.
- Return to the starting position.



CHAIR SIT TO STAND

Do _____ reps and _____ sets.

- Stand holding onto a counter, with a chair behind you.
- Lean forward slightly as you bend your knees and lower your buttocks toward the chair, as if you are going to sit down.
- Before you touch the chair, stand up to full upright position.



KNEE MARCHING

Do _____ reps and _____ sets.

- Hold onto a table, standing with feet shoulder-width apart.
- Raise one knee as high as you can, then lower it.
- Alternate legs.



FORWARD LUNGE

Do _____ reps and _____ sets.

- Stand with feet together and then step forward, keeping your trunk vertical.
- Push back up to your starting position.
- Alternate legs.

