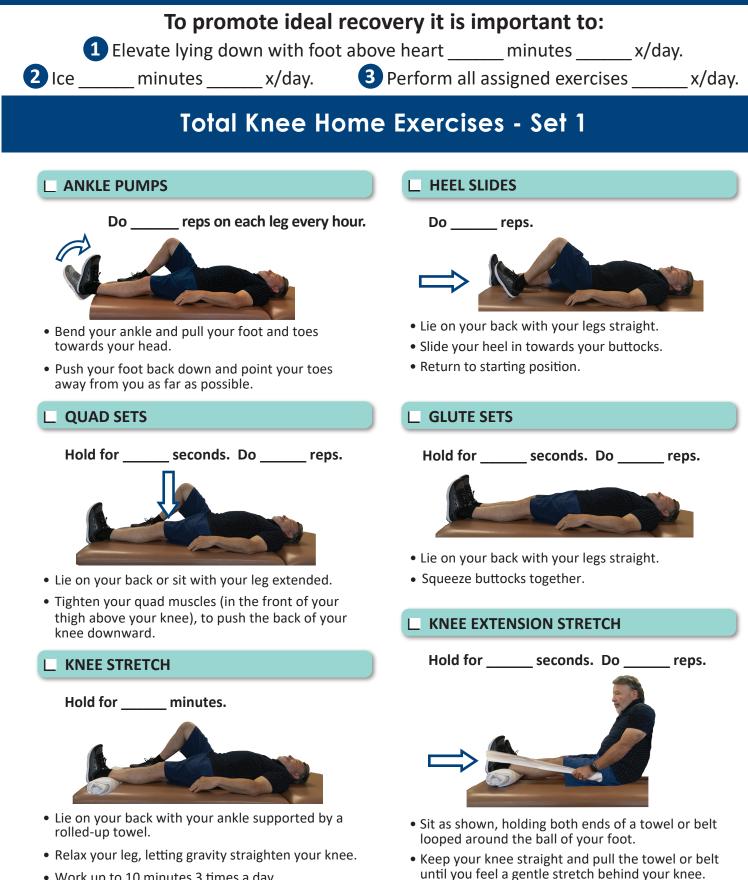
Total Knee Home Exercises

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Home Exercise Program for Total Knee



- Work up to 10 minutes 3 times a day.



Total Knee Home Exercises - Set 2

Total Knee Home Exercises - Set 3

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

- 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 _____

- 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.



sets.



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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.

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.

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CHAIR SIT TO STAND

Do _____ reps and _____

- 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.



FORWARD LUNGE

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

