



ST. JOSEPH MERCY CHELSEA

Joint Replacement Exercises - Knee

Total Knee Exercise Program - Physical Therapy

The following exercises should be done to increase the motion and strength of your operated leg.

Before your surgery: Start doing these exercises at home. Do them once a day, 10 times each. You will continue them in the hospital. Do not attempt any exercise that causes severe pain.

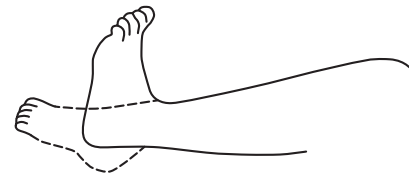
After your surgery: You will be expected to do the first three exercises in your bed the day after surgery. Begin with five repetitions of each exercise and increase to 10 repetitions, twice a day.

After you are discharged: Continue doing these exercises once or twice per day for three to four months – until you can bend your knee about 120 degrees, and you can straighten your knee until it can lie flat on the bed.

Lying on your back:

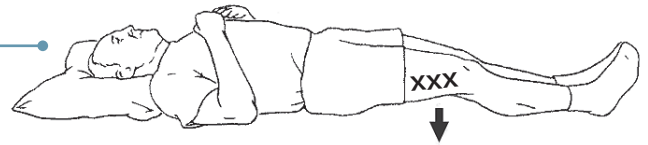
ANKLE PUMPS

Point your foot up toward your knee and straight down away from your knee.



QUAD SETS

Tighten the thigh muscles by pushing the back of the knee into the bed. Hold for five seconds, then relax. Count out loud. Don't hold your breath.



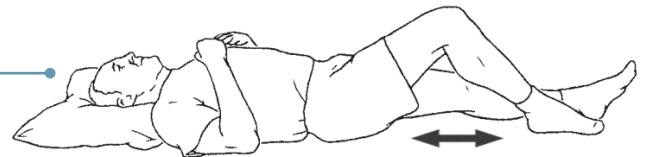
GLUT SETS

Squeeze your buttocks together. Hold for five seconds, then relax. Count out loud. Don't hold your breath.



HEEL SLIDES

Slide one foot toward your buttocks, bending the knee and hip. Slowly return to the starting position so knee is straight.

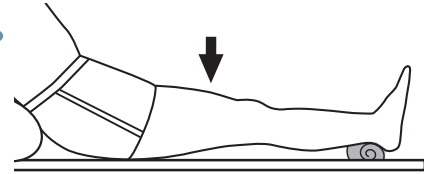


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Total Knee Exercise Program - Physical Therapy (Continued)

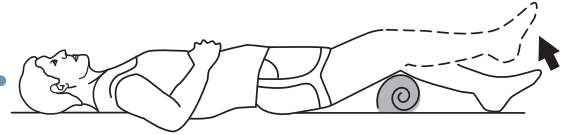
SITTING KNEE EXTENSION STRETCH

Sit on bed with leg out in front of you. Place towel roll under heel. Make sure there is space between back of knee and bed. Make sure that knee is pointed straight up. Tighten thigh muscle so that you are placing back of knee onto the bed. Hold for 20 sec. Repeat 10 times.



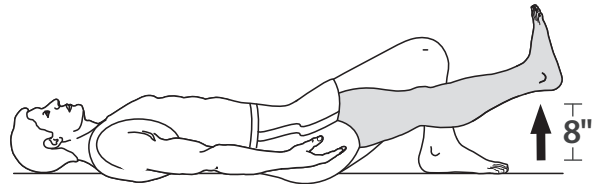
SHORT ARC QUAD

Place a towel roll under your knee. Raise the lower part of your leg until your knee is straight (keep leg in contact with roll at all times), and hold for five seconds. Slowly lower your heel to the bed.



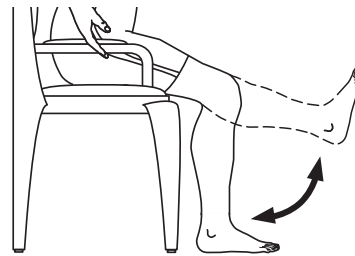
STRAIGHT LEG RAISE

Bend knee of non-operated leg, placing foot flat on bed. Tighten knee on operated leg and lift leg straight up off the bed. Hold for five seconds. Slowly lower to bed.



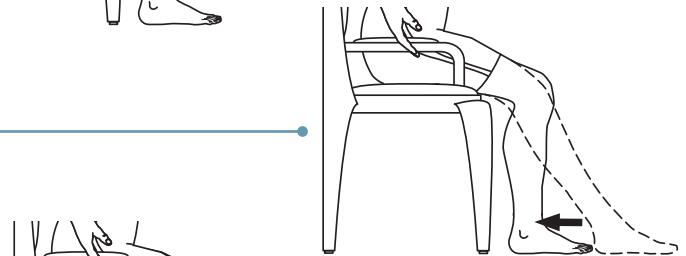
LONG ARC QUAD

Raise your foot until your knee is as straight as possible. Hold for five seconds. Slowly return to the starting position and relax.



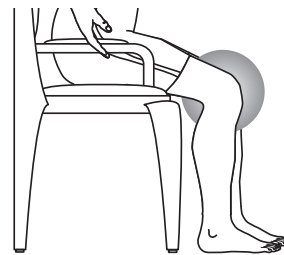
KNEE FLEXION SITTING

Slowly slide your foot back as far as possible. Hold for five seconds. Return to the starting position and relax.



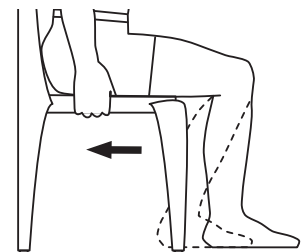
ADDUCTION

Place a ball or pillow between your knees. Gently squeeze your knees together for five seconds, then relax. Repeat.



KNEE STRETCH

Sit in chair. Bend involved knee and place foot flat as shown. Use other leg to gently assist bending involved leg backward with foot on floor. Repeat 10 times. Hold for 30 seconds.



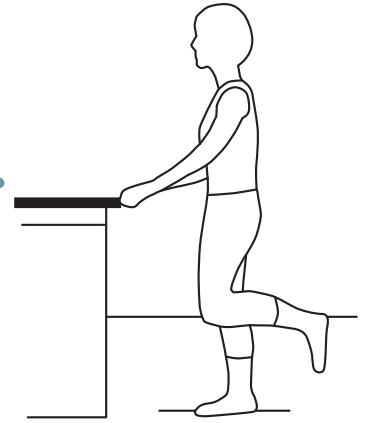
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Standing Exercises - Physical Therapy

Hold onto a counter or large piece of furniture, such as a sofa.

KNEE FLEXION

Stand on your good leg and bend the knee of your operated leg (moving foot up toward buttocks). Hold five seconds. Lower to floor slowly.



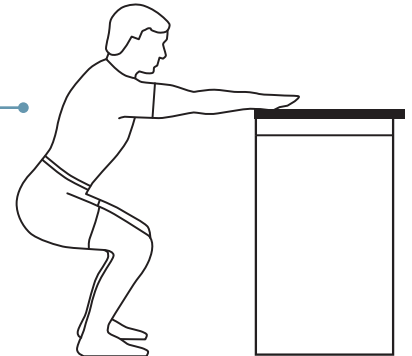
TOE RAISES

Stand on both feet and rise up onto your toes. Hold for five seconds. Lower to floor slowly.



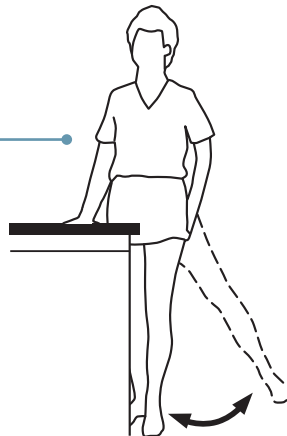
MINI SQUATS

Place your feet apart. Hold on tightly to a counter. Pretend you are going to sit down on a chair behind you. Bend your hips and knees. Keep your head level. Do not go down too far. Return to starting position.



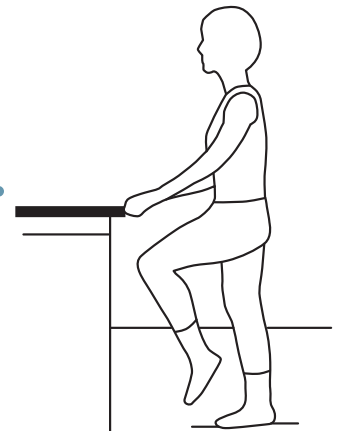
HIP ABDUCTION

Stand on your good leg and move your operated leg out to the side. Keep your knee straight and your foot pointing forward. Hold for five seconds. Return.



HIP FLEXION

Stand on your good leg and bring your operated thigh up in front of you. Hold five seconds. Lower slowly.



Please call 734-593-5600 if you have any questions on these exercises.