

# Knee Replacement: Home Exercise Program

## Strengthening

Do these exercises to strengthen your muscles.

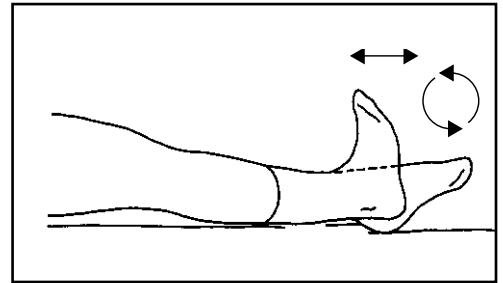
**How often: 2 times a day**

Do 10 repetitions of each exercise. If you are comfortable with the exercises, gradually increase the number of repetitions until you reach 20 repetitions.

Do your exercises lying down for the most comfort. Your bed is an excellent place to do your exercises.

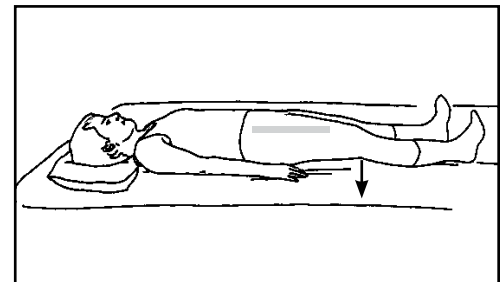
### ☐ Ankle pumps and circles

Pump your feet up and down by pulling your feet up toward you, then pushing your feet down away from you. Next, rotate your feet clockwise and counterclockwise.



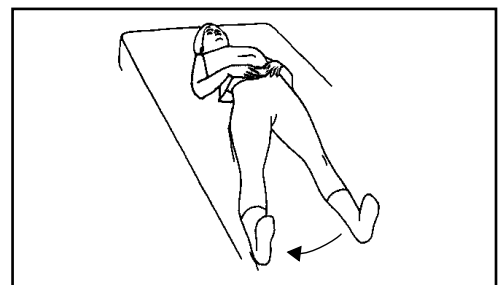
### ☐ Thigh squeezes (quadriceps sets)

Tighten the muscles on the top of your thigh by pushing the back of your knee down into the bed. **Hold for 5 seconds and relax.**



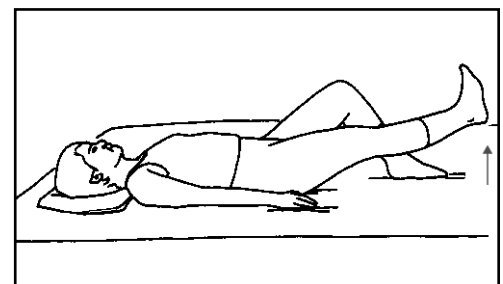
### ☐ Leg slides (abduction/adduction)

Slide your surgical leg out to the side, keeping your kneecap pointed up toward the ceiling. Slide your leg back to the starting position. You may want to use a plastic bag under your heel to help it slide easier.



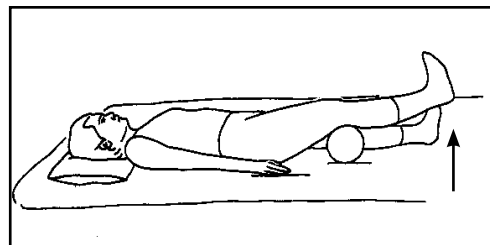
### ☐ Straight leg raises

Bend your non-surgical leg with your foot flat on the bed. Tighten the muscles on the top of your thigh, stiffening your knee. Raise your surgical leg up (about 12 inches), keeping your knee straight. **Work up to holding for 5 seconds.** Slowly lower your leg down and relax.



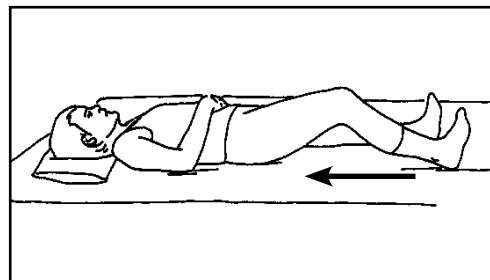
### ❑ Lying kicks (short arc quadriceps)

Lie on your back with a rolled-up blanket or towel (at least 6 inches in diameter) under the knee of your surgical leg. Straighten your surgical leg. **Work up to holding for 5 seconds.** Slowly lower your leg down and relax. The back of your knee should stay in contact with the blanket or towel during the exercise.



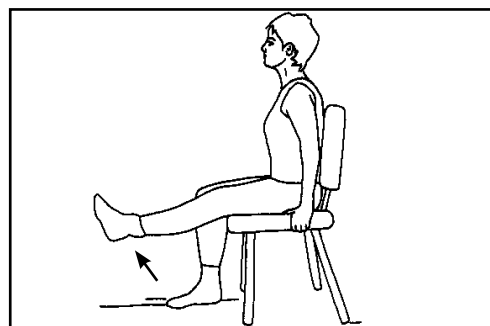
### ❑ Heel slides (hip and knee flexion)

Bend your surgical hip and knee by sliding your heel up toward your buttocks while keeping your heel on the bed. Slide your heel back down to the starting position and relax. Keep your kneecap pointed up toward the ceiling during the exercise. You may want to use a plastic bag under your heel to help it slide easier.



### ❑ Sitting kicks (long arc quadriceps)

Sit on a sturdy chair or on the side of your bed. Straighten your knee. **Work up to holding for 5 seconds.** Slowly lower your leg down and relax.



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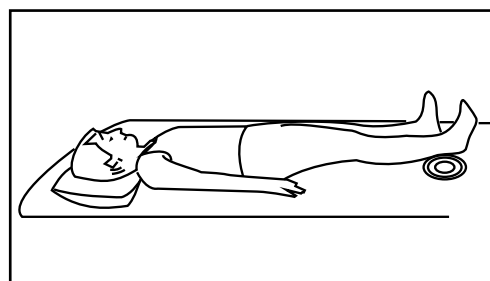
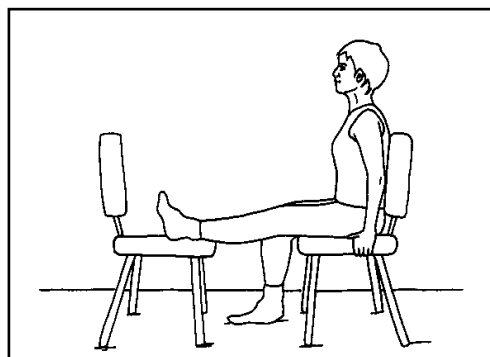
## Range of Motion

Do these stretches to increase your knee motion.

**How often: 3 times a day**

### ❑ Knee straightening stretch (sitting knee extension)

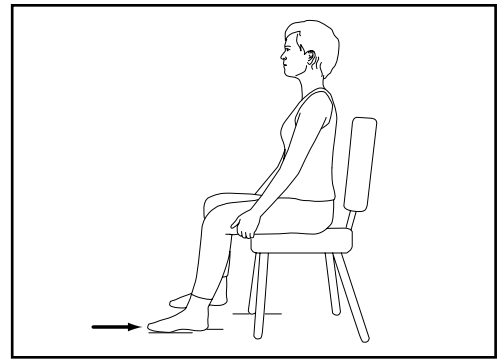
Sit on a sturdy chair with your lower leg on an equal height chair or solid surface in front of you. Relax your muscles to let your knee straighten. You should feel a gentle stretch on the back of your knee. You can do thigh squeezes to increase the stretch. **Do this stretch for 5 to 10 minutes.** You can also do this stretch lying on your bed with a rolled up blanket or towel under your ankle.



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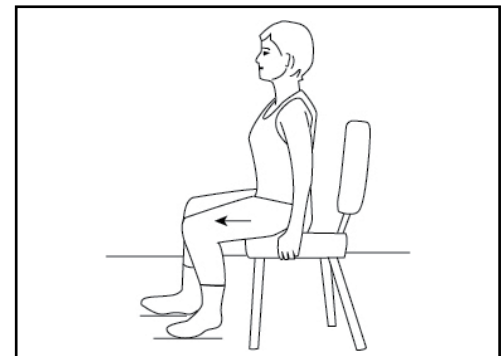
## ❑ Knee bending stretch (sitting knee flexion)

- ❑ **Step 1:** Sit toward the front of a sturdy chair. Bend your knee by slowly sliding your foot back-and-forth, resting briefly as needed. Try to move your foot back farther each time as you are able. You can use your hands to help. **Do this for a few minutes** as a warmup. You may want to use a plastic bag under your foot to help it slide easier.



- ❑ **Step 2:** Slowly bend your knee back until you feel a gentle stretch. Your heel may lift from the floor but do not lift your hip. You can scoot your body forward on the chair to increase the stretch as you are able. **Hold for 20 to 30 seconds.** Return to the starting position and relax. **Repeat 3 times.**

**The stretching should be more slow and gentle than fast and forceful. Try to keep your muscle relaxed throughout the exercise.**



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## Walking

**How often: 5 times a day**

Besides your exercise program, you must leave time for walking. It helps build your strength and endurance.

- **Walk around your home 5 times a day.** Trips to the bathroom or kitchen are not enough.
- Gradually increase the distance you walk. Work up to walking outside and in the community.

Keep in mind that each person is different and has different pre-surgery levels of fitness. Talk with your physical therapist about walking if you have additional medical conditions.

## Home exercise program — knee replacement

Check the box under the appropriate day and week after you perform the exercises selected for you.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Ankle pumps and circles																												
Thigh squeezes																												
Leg slides																												
Straight leg raises																												
Lying kicks																												
Heel slides																												
Sitting kicks																												
Knee straightening stretch																												
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