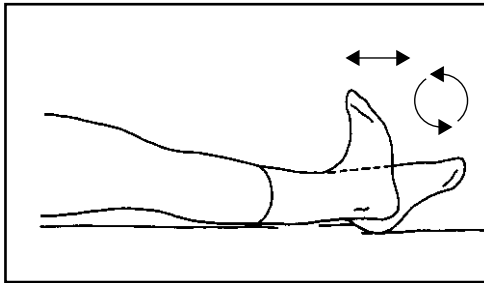
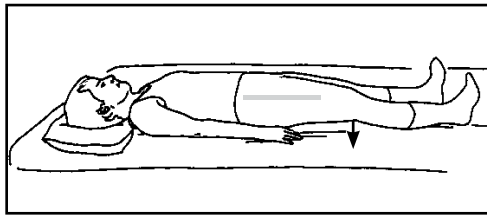


General Knee Exercises After Your Joint Replacement Surgery



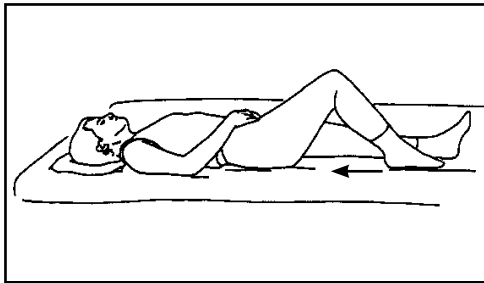
Ankle pumps and circles

Bend both your ankles up, pulling your toes toward you, then bend both your ankles down, pointing your toes away from you. In addition, rotate each foot clockwise and counterclockwise, keeping your toes pointed toward the ceiling.



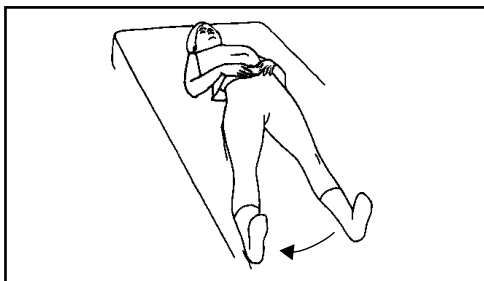
Thigh squeezes (quadriceps sets)

Tighten the muscles on the front of your thigh by pushing the back of your knee down into the bed. Hold for 5 seconds and relax. Repeat with opposite leg.



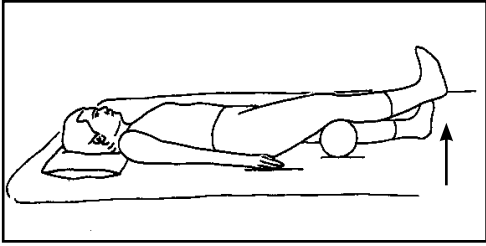
Heel slides (hip and knee flexion)

Bend your 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. 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. Repeat with opposite leg.



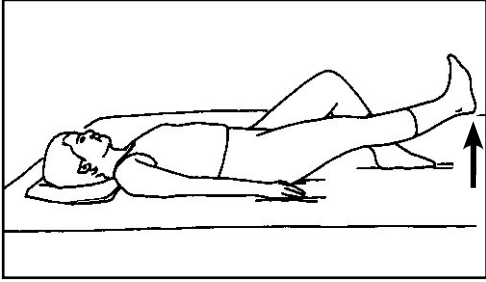
Leg slides (abduction/adduction)

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



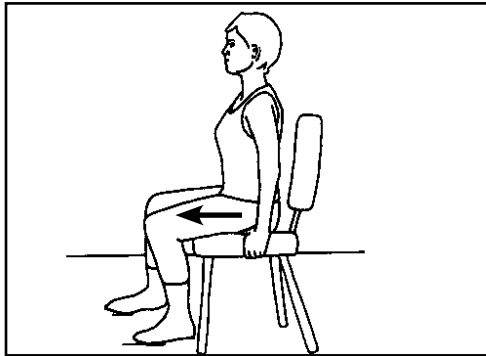
❑ Lying kicks (short arc quadriceps)

Lie on your back with a 3-pound coffee can or rolled blanket under your knee. Straighten your knee. Hold for 5 seconds. Slowly lower your leg down and relax. The back of your knee should stay in contact with the can/blanket during the exercise. Repeat with opposite leg.



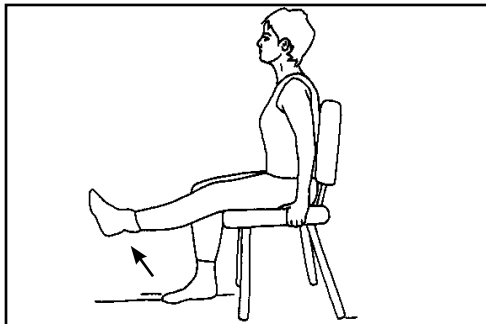
❑ Straight leg raises

Bend one of your legs with your foot flat on the bed. Raise your opposite leg up (about 12 inches), keeping your knee straight. Hold briefly. Progress to holding for 5 seconds. Slowly lower your leg down and relax. Repeat with opposite leg.



❑ Knee bending (sitting knee flexion)

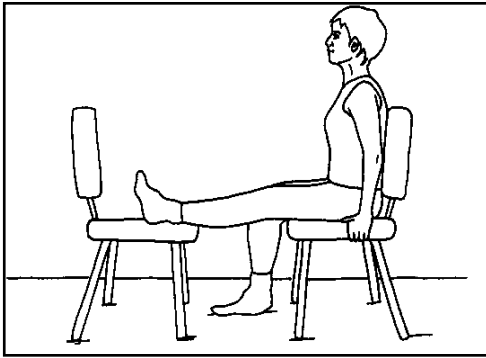
Sit on a chair. Bend your knee back as much as you can. Hold for _____ seconds. Return to the starting position and relax. Repeat 5 times.



❑ Sitting kicks (long arc quads)

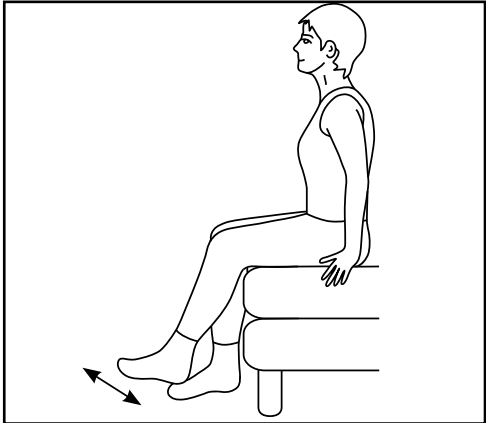
Sit in a sturdy chair. Lift your foot, straightening your knee as much as possible. Try to keep your knees level, as if you were holding a tray on your lap. Hold for 5 seconds. Slowly lower your leg down and relax. Return to the starting position and repeat with opposite leg.

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□ **Knee straightening stretch (sitting knee extension)**

Work on straightening your surgical knee for 10 minutes. Sit on a sturdy chair with your heel up on another chair, or a footstool, in front of you. You should feel a stretch on the back of your knee. You can do thigh squeezes while you sit in this position to increase the stretch.



□ **Knee dangling/swinging**

Sit on a bed so that your feet will not touch the floor. Allow your knees to bend. Swing your surgical leg back and forth so that you feel a gentle rebounding sensation. Do this for 2 to 3 minutes.

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