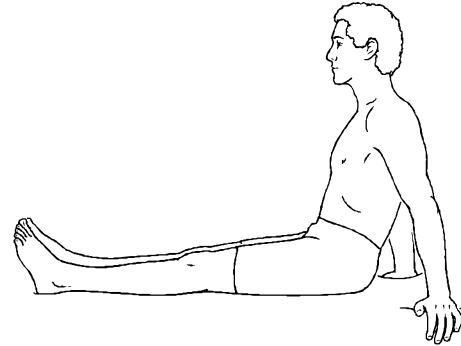


Total Knee Replacement Exercises - These are exercises that will help you get the muscles of your leg stronger and make your knee more flexible. Many of these exercises you will be doing after your surgery so it will be a good idea to learn how to do them now. You will have to push yourself and it is ok if there is some mild discomfort during the exercises. It should not last more than an hour or so afterwards and icing the knee for 15 minutes after exercising should diminish that. Any exercise that makes the knee hurt severely should be held off. If you have a therapist ask them about any exercises that are a problem.

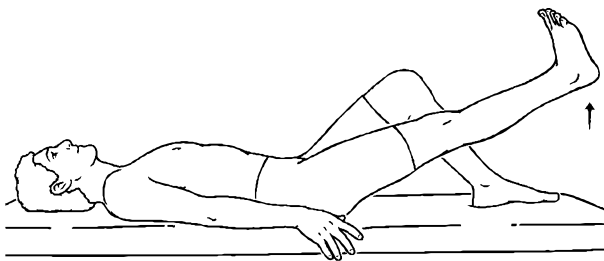
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

Do this 5 times as a warm up for the exercises.

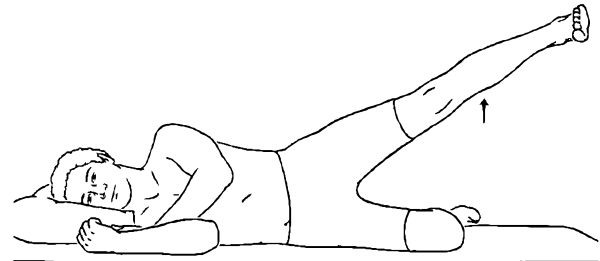
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of the thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 1-2 sets per session.
Do 1 sessions per day.

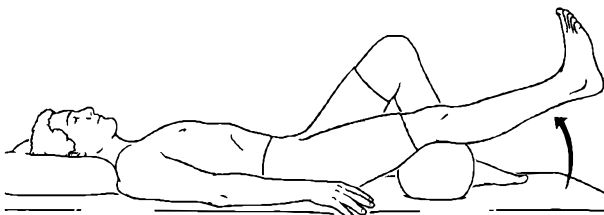
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 1-2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)

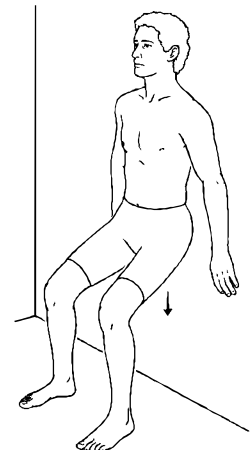


With the knee over a bolster, straighten knee by tightening muscles on top of thigh. When this is easy try it with some weight strapped to your ankle. Keep bottom of knee on bolster.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until you feel the top of your thigh muscles working. Hold up to 10 seconds.
Tighten thigh muscles and return.

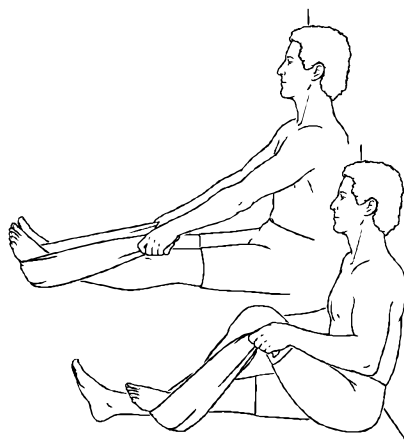


Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion

With towel around the heel, gently pull knee up with towel until stretch is felt in the knee. Hold 10 seconds.

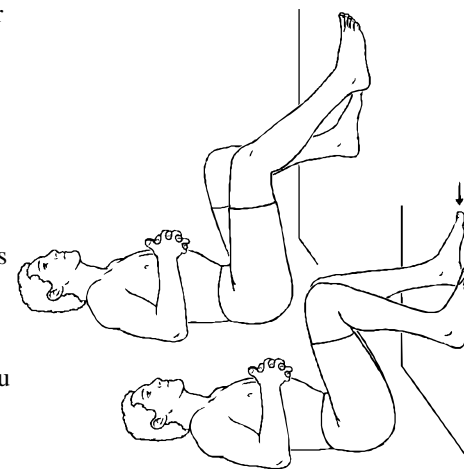
Repeat 10 times per set. Do 1-2 sets per session. Do 1 sessions per day.



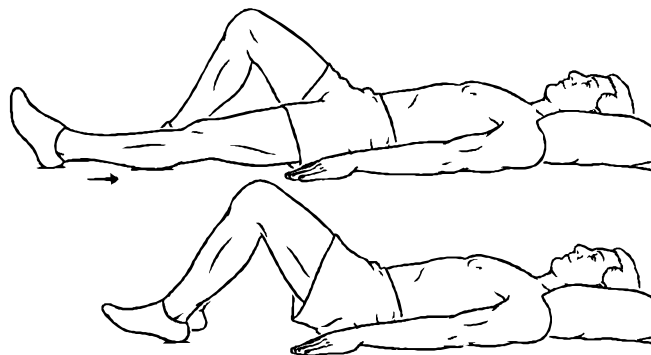
HIP / KNEE - 47 Knee Wall Slide

Slowly "walk" or slide feet on wall toward floor until stretch is felt in knees.

Hold the stretch about 30 seconds then rest for 30. Do this for 5-10 min once a day. After surgery you will need to do this 3-4 times a day.



HIP / KNEE - 65 Self-Mobilization: Heel Slide (Supine)



Slide your heel toward buttocks until a gentle stretch is felt. Hold 10 seconds. Relax. Do this 10 times 1-2 x a day.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

You may need to find a good place to do your exercises and now, before surgery, is a good time to find that place. It might require you to move some things around in your residence but doing it now will be easier than later. Gather the things you'll need for your exercises like a good sized towel or rope and a variable resistance ankle weight that you can pick up at a sporting goods store or Wal-Mart/K-Mart.