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INITIAL EXERCISES FOR Knee Replacement



Orthopedics

Perform 20 reps of each exercise. Complete these exercises two times per day.

1 Ankle Pump

Lie on back or sit in chair.

Move ankle/foot up and down in pumping fashion.



2 Gluteal Set

Lie on back or sit in chair.

Squeeze buttocks together for five seconds.

Relax and repeat.

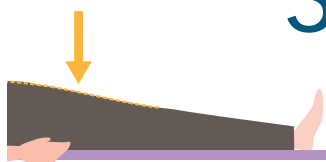


3 Quad Set

Lie on back with legs straight.

Tighten kneecap and push back of knee into bed to engage muscles on front of thigh.

Hold five seconds and repeat.

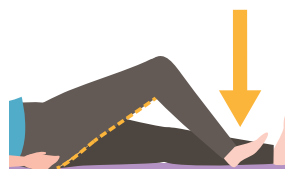


4 Hamstring Set

Lie on back with involved knee slightly bent and other leg straight.

Pull/dig heel into bed and hold for five seconds.

Relax and repeat.

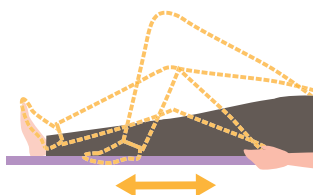


5 Heel Slide

Lie on back with legs straight.

Bend knee and slide heel along bed toward buttocks and hold for _____ seconds.

Return to original position and repeat.

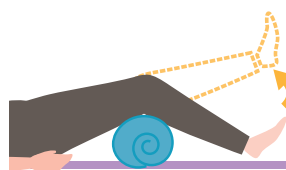


6 Short Arc Quad

Lie on back with knee supported by pillow or bolster.

Straighten leg and hold for five seconds.

Return to original position and repeat.



continued on back

These exercises are to be used solely under the direction of a licensed and qualified professional.
Please direct any questions or concerns regarding your exercise program to **Rehabilitation Services 816.691.1795**.

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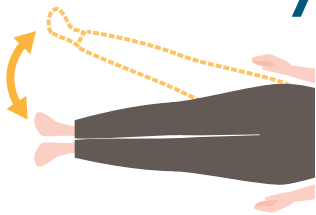
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7 Hip Abduction



Lie on back with legs together and knees straight, keeping knees and toes pointed toward ceiling.

Slide leg outward.

Return to original position and repeat.

8 Straight Leg Raise



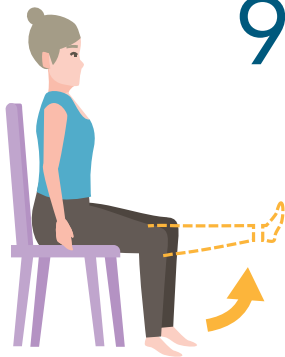
Lie on back with uninjured knee bent and pull in belly button.

Push knee of surgical leg into surface so thigh muscle is tight, then raise this leg to level of other knee that is bent.



Return to original position and repeat.

9 Long Arc Quad



Sit on chair with back straight and feet flat on the floor.

Straighten leg and hold for 5-10 seconds.

Return to original position and repeat.

10 Knee Flexion



Sit on chair with back straight and feet flat on the floor.

Bend leg as much as possible under the chair. Hold for 30 seconds.

Return to original position and repeat 10 times, three times a day.