# **Total Knee Replacement**

## **Exercises:**

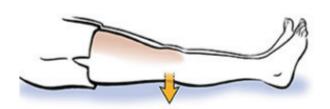
The following exercises are examples of exercises you might perform after your Partial or Total Knee Replacement and will continue once you get home. We recommend practicing these prior to your surgery to familiarize yourself with them if approved by your care team. For anyone with back issues it is okay to bend your opposite leg to relieve pressure on the back.



## **Ankle Pumps**

Gently pull toes up towards your knees and then point towards the floor. Do both ankles (can be done with legs elevated).

Reps:	Sets:
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#### Quad Sets (knee push downs)

In bed, slowly tighten front thigh muscles (quadriceps) while pushing the knee down into surface. Do not push down with your heel. Remember to breathe.

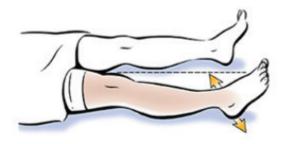
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#### **Gluteal Sets**

Squeeze buttocks together as tightly as possible and hold for \_\_\_\_\_ seconds.

Reps: Set	ts:
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## **Hip Abduction and Adduction**

Slide leg out to the side. Gently slide back to midline. Keep leg straight and toes pointing upward. Do slowly.

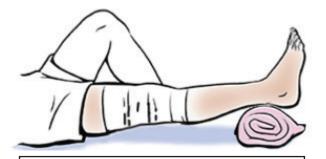
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#### **Short Arc Quads**

Place rolled towel (about 8" in diameter) under knee. Lift heel and straighten knee (keep knee on towel roll). Tighten thigh and hold straight for 3 seconds.

Reps: Sets	s:
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#### **Knee Extention Stretch**

Place rolled towel (about 8" in diameter) under ankle. Keep your toes pointed upward. Let knee relax and allow to straighten.

Reps:	Sets:



# **Heel Slides** (slide heel up and down)

Bend knee and pull heel toward buttocks and then return to straight.

R	leps:	Sets:



## **Seated Heel Slides** (slide heel forward and back)

From straightened position, gently pull foot back to bend knee, hold briefly for stretch, and then return to straight position.

Reps:	Sets:

# **Elevating your leg:**

It is encouraged to elevate your leg when resting.

Place your foot and calf on pillows to elevate while keeping your knee straight



#### **Precautions**

It is our hope for you to get the most out of your new knee. To do this, here are a few recommendations that will aid in avoiding issues:

- Ask a member of your care team what your movement limits will be.
- Don't twist your knee. Turn your whole body instead.
- Don't run, jump or do any impact activity. It could loosen your new knee joint.
- Don't force movements, such as bending your knee too far.
- Don't put a pillow behind your knee when you are lying down. This may keep you from progressing in straightening it fully.

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