

Total Knee Replacement

Exercises:

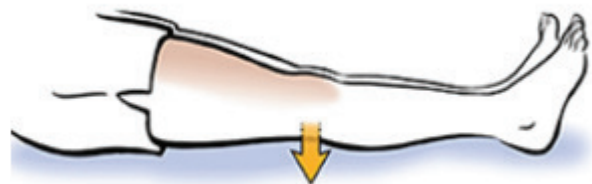
The following exercises are examples of exercises you might perform after your Partial or Total Knee Replacement and will continue once you get home. We recommend practicing these prior to your surgery to familiarize yourself with them if approved by your care team. For anyone with back issues it is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



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.

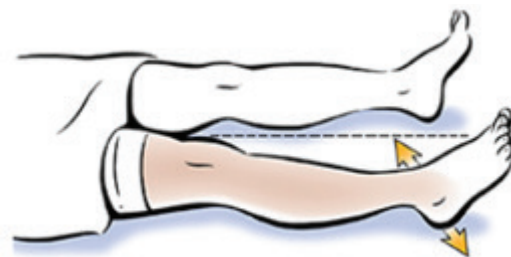
Reps: _____ Sets: _____



Gluteal Sets

Squeeze buttocks together as tightly as possible and hold for _____ seconds.

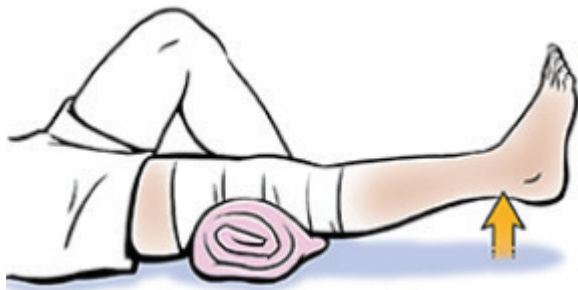
Reps: _____ Sets: _____



Hip Abduction and Adduction

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

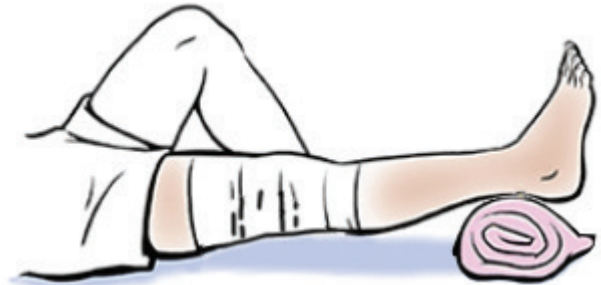
Reps: _____ Sets: _____



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:_____



Knee Extension 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.

Reps:_____ 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:_____

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)