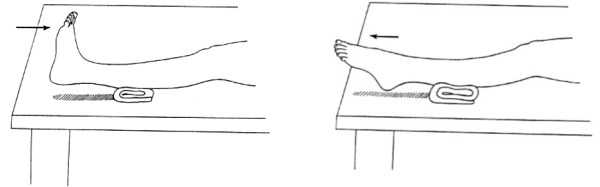


Home Exercise Program For Partial and Total Knee Replacements

Do each exercise 10 to 15 times, 3 to 5 times a day or as directed by our therapist.

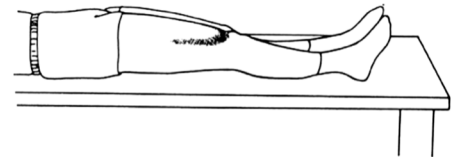
1. **Foot and Ankle:**

Pump your feet up and down at the ankle.



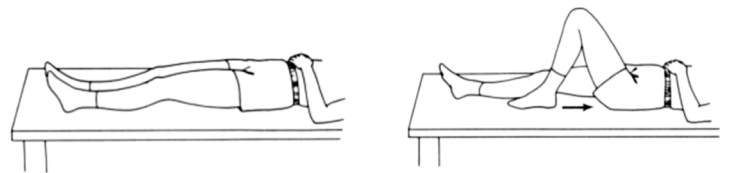
2. **Static Quadriceps:**

Lie on your back. Press the back of your sore knee into the bed and tighten your thigh muscles. Hold for 5 seconds.



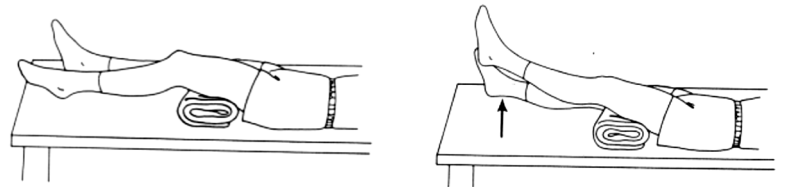
3. **Knee Flexion:**

Lie on your back. Bend your sore knee sliding your heel up to your bottom.



4. **Knee Extension:**

Lie on your back with a 8 to 10 inch roll under sore knee. Lift your foot, straightening your knee. Hold for 5 seconds.



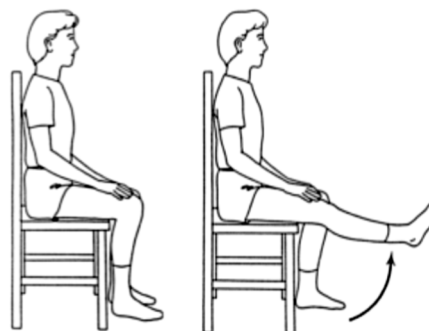
5. **Straight Leg Raise:**

Lie on your back with your sore leg straight and your good knee bent. Tighten your thigh muscles and lift your sore leg up off the bed 10 to 12 inches. Hold for 5 seconds.



6. **Knee Extension:**

Sitting with your thighs supported, straighten your sore knee as far as it will go. Hold for 5 seconds.



7. **Knee Flexion:**

Sitting with your thighs supported, bend your sore knee back as far as possible. Hold for 5 seconds.



8. **Active Assisted Flexion:**

Sit with your thighs supported, and your good leg crossed over your sore leg. Use your good leg to bend your sore leg back as far as possible. Hold for 5 seconds.



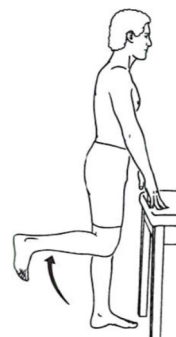
9. **Passive Knee Extension Stretch:**

Sit with your sore leg propped up on a stool or chair with toes pointing to ceiling. **RELAX**, letting the leg straighten as far as possible. Start with holding for 30 seconds gradually working up to 2 to 3 minutes.



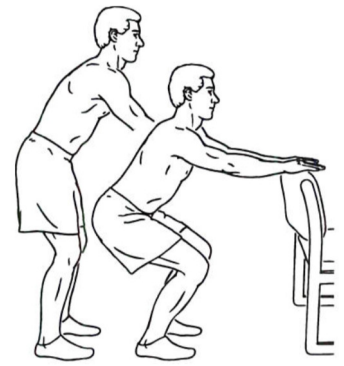
10. **Standing Knee Flexion:**

Standing with support from a solid object, bend your operated knee bringing your heel towards your buttocks. Be sure to keep your knees side by side the best you can. Hold for 5 seconds. Slowly lower your leg and repeat.



11. **Squat with Support:**

Standing with support from a solid object, keep your back straight and your feet hip width apart. Bend your hips and allow your buttocks to travel back while you bend your knees slightly. Keep your weight back as if you are going to sit in a chair. Slowly straighten back to your starting position.



12. **Sit to Stand:**

Scoot your buttocks forward to the front of the chair. Place your non-surgical leg back and your surgical leg forward, hip width apart. Use your hands to help you move from sit to stand. Keep both feet on the floor as you rise up. Reverse this to sit down. As you improve, slowly try and place the foot of your surgical leg further backwards until your feet are side by side.



When Walking:

- Send your walker or crutches in front, followed by your surgical leg and then your good leg.
- Continue to use your walker or crutches until advised by your physiotherapist.
- If you have been progressed to a cane, remember to use it in the hand opposite your surgical leg.
- Keep walks short and frequent. Gradually increase distance as able.

When Climbing Stairs:

- Go up stairs one at a time. Lead with your good leg, followed by your surgical leg (and cane). Go down stairs by leading with your surgical leg (and cane) followed by your good leg.

Once at Home:

- Do your exercises regularly.
- Use ice and elevation to manage pain and swelling.
 - Ice for 10 minutes or as tolerated. Keep a layer of clothing or towel between your skin and the ice pack.
 - Lie on your back and support your entire leg on pillows to elevate your leg above your heart.
- **DO NOT** lie down with your knee bent over pillows.