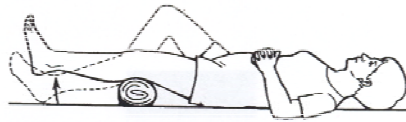


Total Knee Replacement Class Exercises

Quads Over a Roll



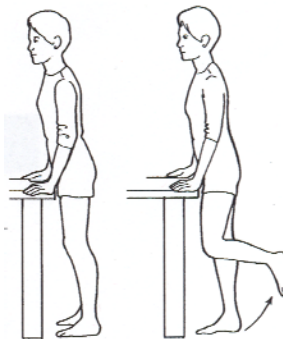
1. Lie on your back with roll under sore knee.
2. Raise heel off floor until knee is straight.
3. Hold for 5 seconds and slowly lower.
4. Repeat 20 times.

Knee Bend Stool Stretch



1. Place sore foot on stool as shown.
2. Lean your body weight forward to bend the sore knee so that you feel a stretch.
3. Hold for 10 seconds.
4. Repeat 10 times.

Hamstring Curl



1. Stand holding onto solid object as shown.
2. Slowly bend sore knee.
3. Hold for 5 seconds and slowly lower.
4. Repeat 20 times.

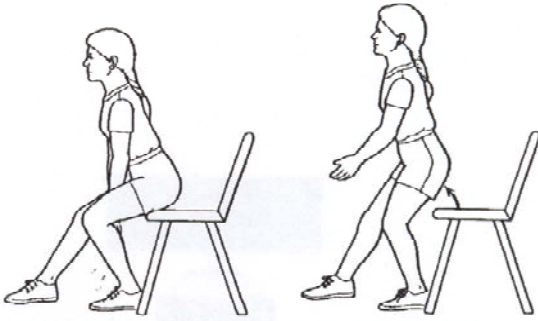
Gastroc (Calf) Stretch



1. Position your body against wall as shown with sore foot behind.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch.
4. Hold for 10 seconds, repeat 10 times.

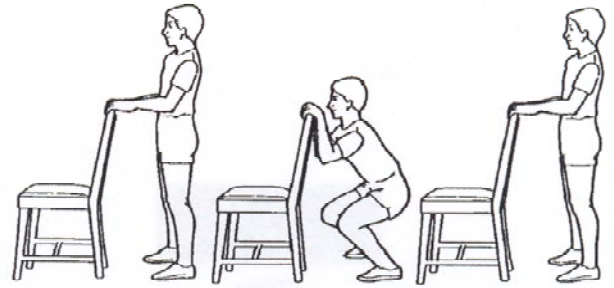


Sit to Stand



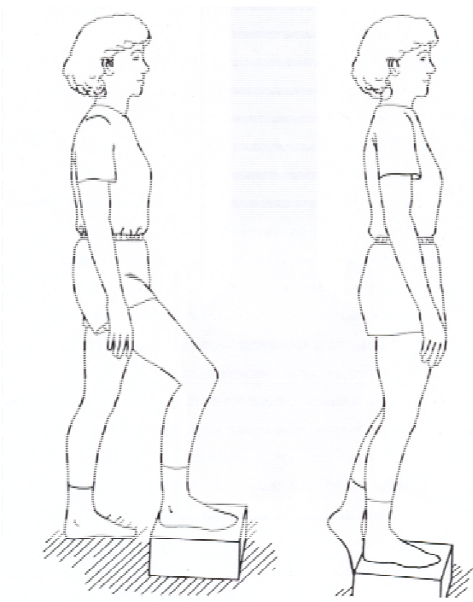
1. Sit on edge of chair as shown, with sore foot closest to chair.
2. Stand upright, letting the other leg help as little as possible.
3. Repeat 20 times.

Mini Squats



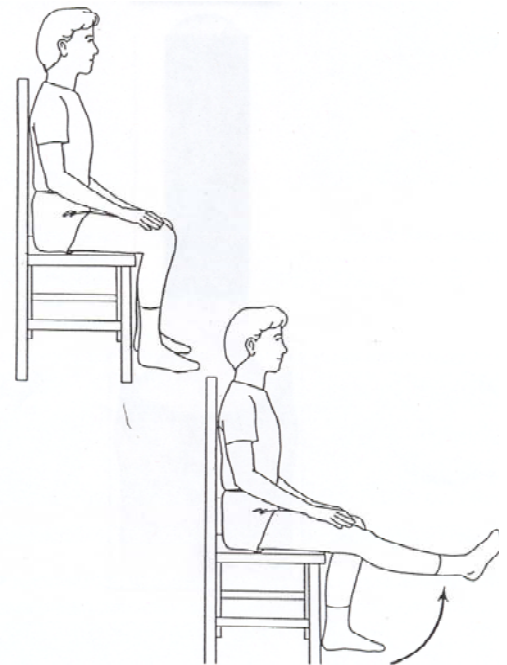
1. Hold onto a solid object as shown.
2. Keep feet flat on floor.
3. Squat as far as you can, then stand up using as little help from arms as possible.
4. Repeat 20 times.

Step-Ups



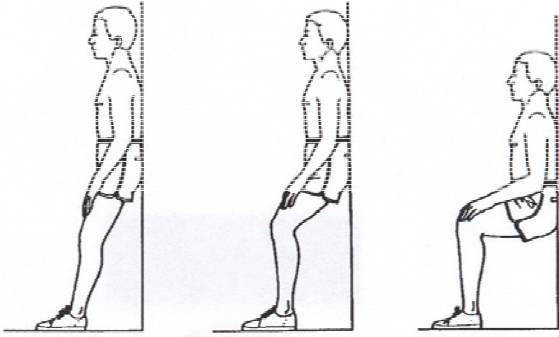
1. Stand with sore foot on step.
2. Raise body up with leg on step, straightening knee. Do not raise other foot onto step.
3. Hold for 5 counts.
4. Lower self down slowly from step.

Active Knee Extension



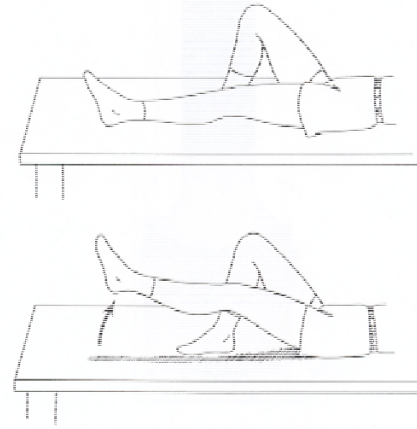
1. Sit with back against chair. Straighten sore knee.
2. Hold for 5 counts.
3. Repeat 20 times.

Wall Slide



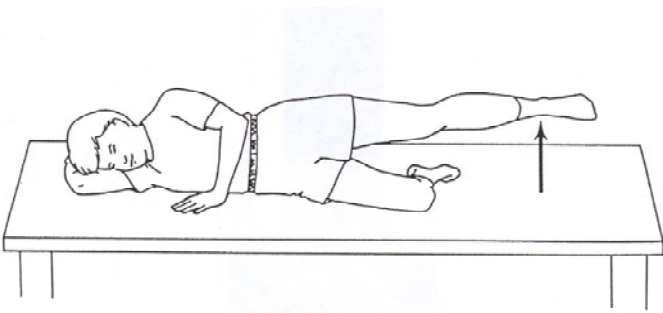
1. Stand with back against the wall, with feet shoulder width apart and 18 inches from wall.
2. Slowly slide down wall as far as you can go.
3. Be sure to keep your back flat against the wall.
4. Repeat 20 times.

Straight Leg Raise



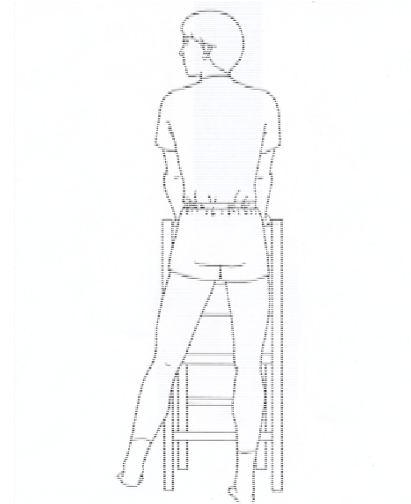
1. Lie on back, good knee bent and foot flat. Lift sore leg up off the bed 10 to 12 inches.
2. Keep knee straight and toes pointed up.
3. Hold for 5 counts.
4. Repeat 20 times.

Side-Lying Hip Abduction



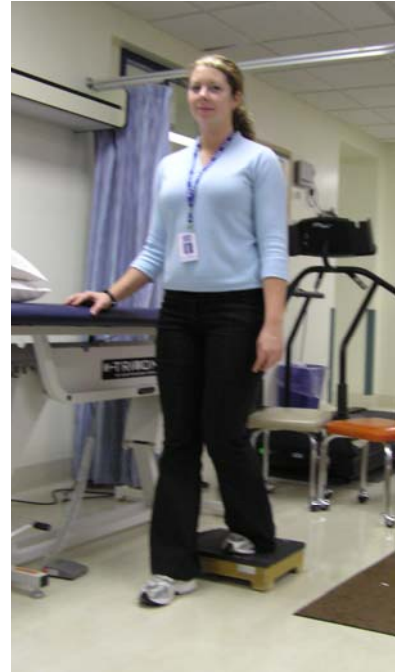
1. Lie on good side with bottom knee bent. Raise sore leg. Keep knee straight and toes pointed forward. Do not let top hip roll backward.
2. Hold for 5 counts.
3. Repeat 20 times.

Standing Hip Abduction



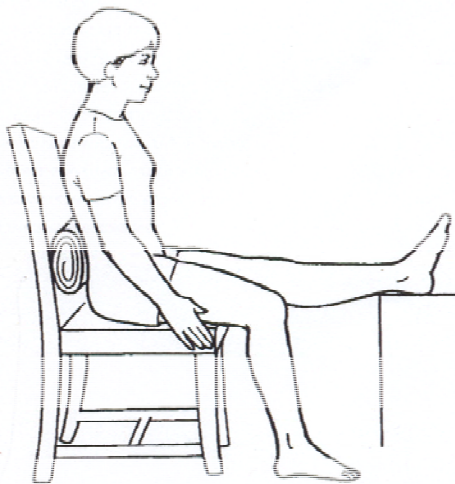
1. Standing, hold onto chair. Raise sore leg out to side. Keep toes pointed straight ahead.
2. Hold for 5 counts.
3. Repeat 20 times.

Step-Downs



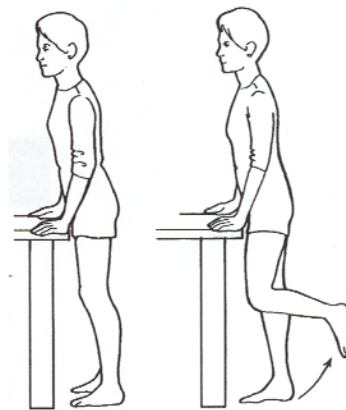
1. Start with both feet on step. Use your hands to help balance if needed.
2. Slowly step down with your good leg while the sore leg stays on the step.
3. Repeat 20 times.

Knee Extension (Hang)



1. Sit with sore leg propped as shown.
2. Relax, letting the leg straighten, so that stretch is felt.
3. Hold as long as possible and repeat.

One Leg Stance



1. Stand- ing hold- ing onto a solid object if needed.
2. Slowly bend good leg. Balance on sore leg as long as possible.
3. Repeat 10 times.