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TOTAL KNEE REPLACEMENT EXERCISE PROGRAM

PRECAUTIONS:

Remember that the most important thing in the early weeks is extension.

May use cold to control swelling and pain as needed but not heat. Elevating the leg will also help swelling.

Do 2 sets of 10 repetitions of each exercise twice daily.

BED EXERCISES

LYING ON BACK

Ankle pumps - move feet up and down.

Quad set - tighten thigh muscle by pushing knee into bed, hold for count of five and relax. Heel should rise slightly off the bed.

Gluteal set - squeeze buttocks together, hold for count of five and relax.

Straight leg raise - bend unoperated knee so that foot is flat on bed. This reduces stress in low back. On operated leg point toes up and tighten thigh muscle and lift operated leg up and down slowly.

Short arc quad - place folded pillow or a rolled towel under knee so that knee is bent and heel is resting on bed. Point toes up and lift foot off bed, hold for count of five and lower slowly.

Heel slide - bend knee up and down by letting heel of foot slide along bed. Think of lifting knee up towards chest.

Hip abduction and adduction - with leg straight and resting on bed, pull toes up, tighten the knee and lift heel off bed then slowly slide leg out to the side and return to midline.

Passive extension - place folded pillow under heel to allow back of knee to stretch. Try to rest in this position for 20 minutes three times a day.

LYING ON STOMACH

Knee flexion - bend knee up, hold in this position for a count of five to stretch knee and then straighten knee completely.

Knee extension/Knee push up - bend your ankles and press toes into bed. Tighten thigh muscles and lift knees off of bed keeping your hips on the bed. Hold for a count of five and relax.

Hip extension - with knee straight, lift leg off of bed, hold for count of five and lower slowly. Remember to keep your hips flat on the bed. Repeat this exercise with you knee bent.

SITTING EXERCISES

Ankle pump - rock foot from heel to toe to allow knee to loosen prior to bending.

Knee flexion - tighten calf muscle and pull leg back under chair. Gently rock trunk forward over knee with leg in bent position, hold for count of five and relax. You may use your other leg to assist with flexion.

Knee extension - lift lower leg off floor by straightening knee, hold for count of five and lower slowly.

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Hamstring Stretch- keep operated leg out in front of you with heel on floor and toes pointing up. Slowly bend forward, bringing your chest towards your knee, hold for a 10 count and then relax. Remember to keep knee straight.

SIDELYING EXERCISE:

Knee flexion - lying on operated side, allow knee to bend and straighten by sliding leg along bed. Hold in bent position for count of five to stretch knee.

Hip abduction - lying on unoperated side with leg in neutral position, lift leg up toward ceiling, hold for count of five and lower slowly.

STANDING EXERCISES - USE HANDRAIL OR COUNTERTOP FOR SUPPORT

Toe raises - raise up on toes and lower slowly.

Hip flexion - lift operated leg off of floor by bending knee. Bring the knee as high as possible, hold for a count of five and lower slowly.

Hip extension - keep knee straight and push leg back behind you, hold for count of five and return slowly to starting position.

Hip abduction - keep knee straight and lift leg out to side, hold for count of five and lower slowly.

Knee flexion - lift foot behind you by bending your knee as far as possible, hold for count of five and lower foot slowly to floor.

Knee lunges - stand with operated leg in front of unoperated leg. Lean forward bring weight over operated knee allowing knee to bend. Hold for count of five and then return to up right position.

WALK: Walk each day 4-6 times (10-20 minutes). Walk outside if possible. Examine your gait in front of a full-length mirror, if possible. Maintain weight bearing as tolerated on operated leg until return visit with your doctor.

STATIONARY BIKE: After first post-operative visit, unless instructed otherwise, start with 5 minutes, 3 times a day. Work up to 15 minutes, 3 times a day, adding 1-2 minutes each week. Do not use tension and do not exceed 10 mph, trying to keep the needle steady. Lower the seat ½" each week.

ELASTIC STOCKINGS: Wear elastic stockings during the day for 2 weeks. Notify MD for unusual calf pain or persistent swelling.

BATHING: No tub baths. May sit on shower chair or stand and shower briefly. Use crutches or walker to get in and out of shower.

SEXUAL RELATIONS: Resume according to your comfort.

SWIMMING: Pool swimming is not allowed until after 6 week visit.

DRIVING: May ride as a passenger now. May drive when following conditions are met: 1) off narcotic medications, 2) automatic transmission, 3) can safely get in and out of car. Left knee @ 2-3 weeks./ Right knee @ 5-6 weeks.