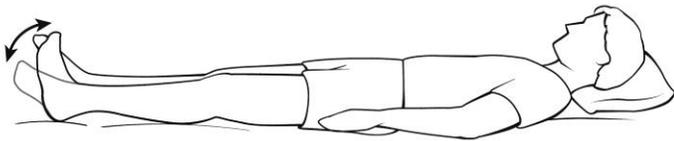


Total Knee Exercise Program

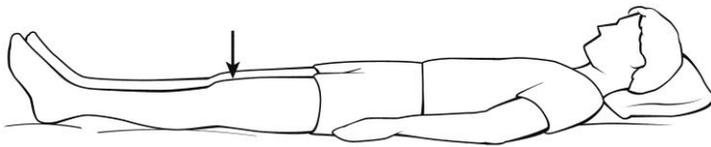
All exercises should be done within the limits of comfort. Discontinue exercise if there is a substantial increase in pain.

Bed Exercises

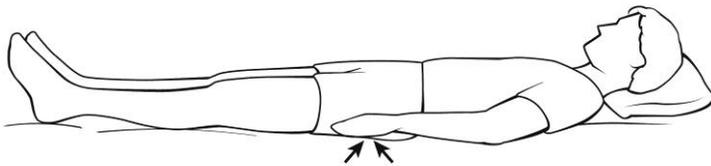
1. **Ankle Pumps**-Pump your ankles up and down, emphasize the up. You should feel a stretch on the back of your heel.



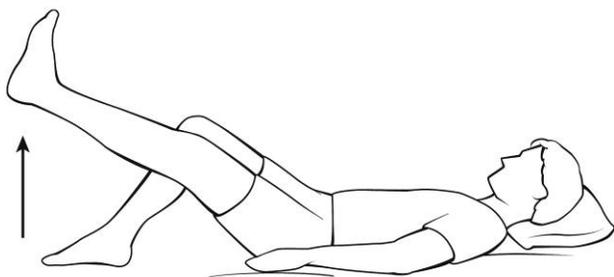
2. **Quad Set**- Tighten thigh muscle by pushing your knee into the bed, hold for five seconds and relax.



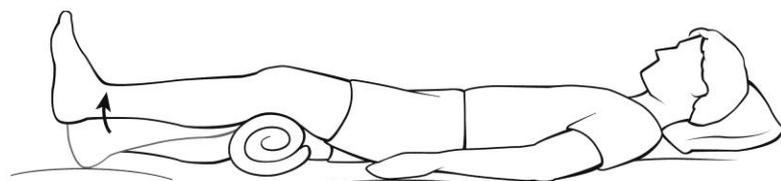
3. **Gluteal Set**-Squeeze your buttocks together, hold for 5 seconds.



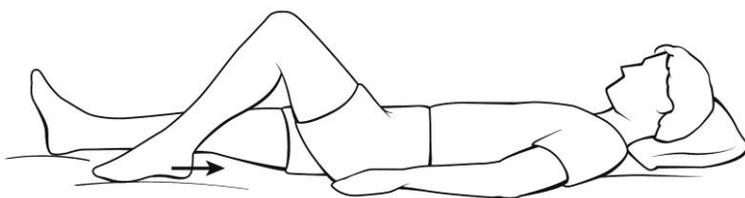
4. **Straight Leg Raise**-Bend un-operated knee so that your foot is flat on the bed. Lift your operated leg up and off the bed (approximately 6 inches) and down slowly.



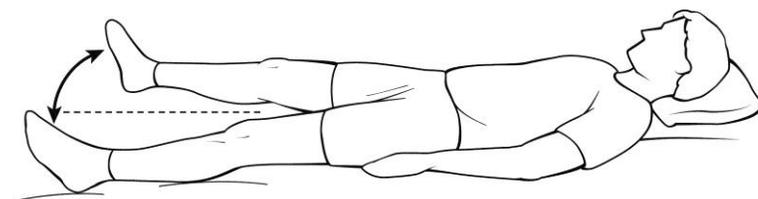
5. **Short Arc Quad**-Place folded pillow or towel roll under your operated knee so that your knee is bent and your heel is resting on the bed. Lift your lower leg off the bed. Hold for 5 seconds.



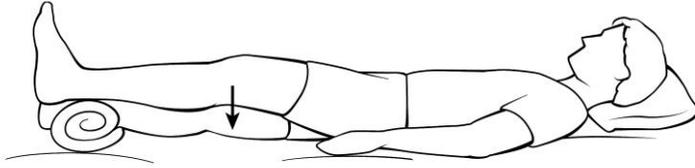
6. **Heel Slide**-bend your knee up and down by sliding the heel of your operated leg along the bed.



7. **Hip Abduction and Adduction**-keep your leg straight, slowly slide your leg out to the side and back.

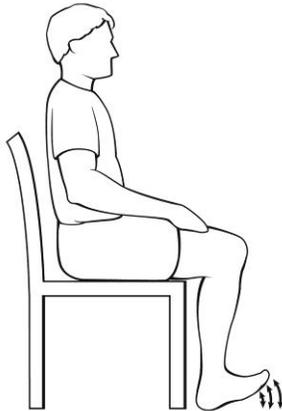


8. Passive Extension-Place folded pillow under the heel of your operated leg to allow the back of your knee to stretch. Try to rest in this position for 20 minutes.

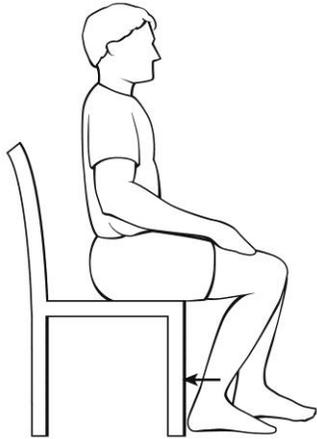


Sitting Exercises

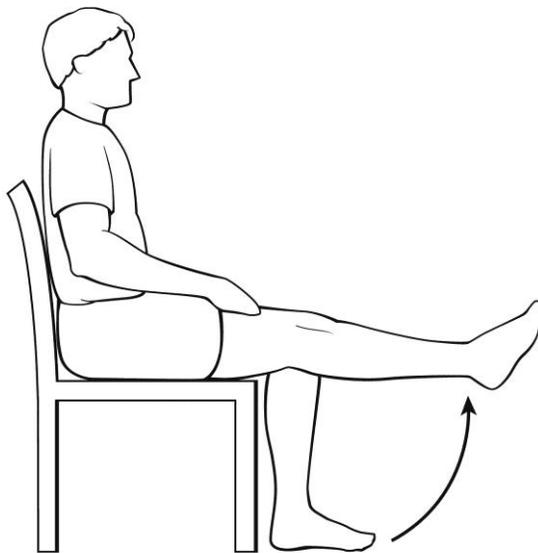
1. Ankle Pumps-Rock both of your feet from heel to toe.



2. Knee Flexion-Tighten calf muscle and pull leg back under your chair. Gently rock your trunk forward over knee with leg in bent position, hold for 5 seconds. You may use your other leg to assist with knee flexion.



3. **Knee Extension**-Lift lower leg off the floor by straightening your knee, hold for 5 seconds, lower slowly.



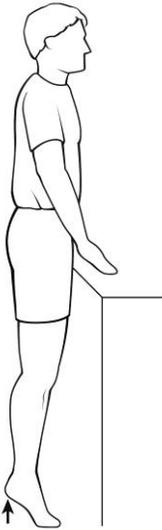
4. **Hamstring Stretch**-Keep your operated leg in front of you with your heel on the floor and your toes pointing up. Slowly bend forward, hold for 10 seconds. Keep your knee straight.



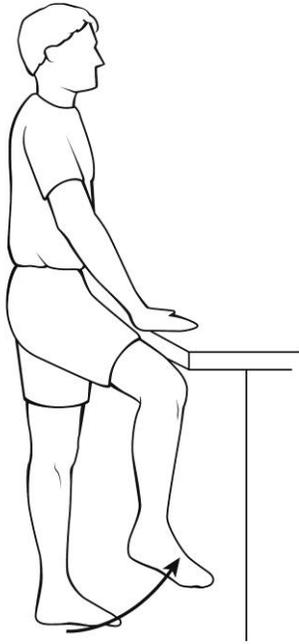
Standing Exercises

Use a solid sink or countertop for support.

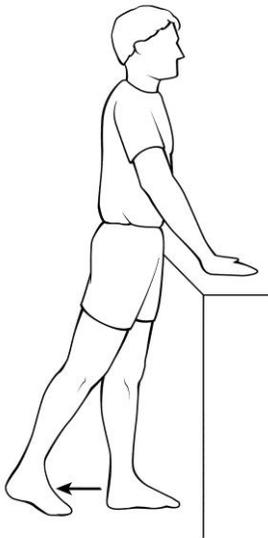
1. **Toe Raises**-Raise up and down on your toes slowly.



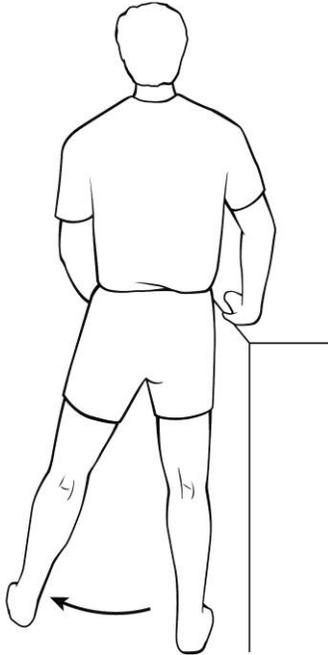
2. **Hip Flexion**-Lift operated leg off the floor by bending your knee. Bring your knee as high as possible, hold for 5 seconds and lower slowly.



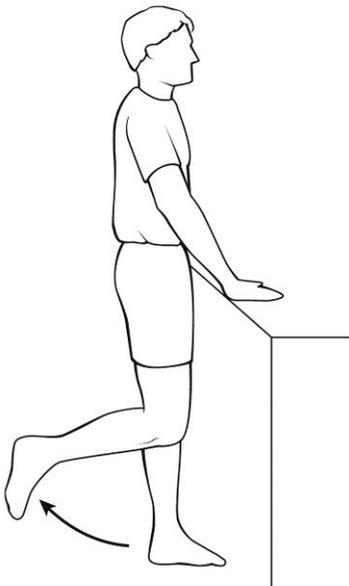
3. Hip Extension-Keep knee straight and bring your operated leg out straight behind you, hold for 5 seconds and return slowly to starting position.



4. Hip Abduction-Bring your operated leg out to the side, keeping your knee straight, hold for 5 seconds and bring back to the starting position.



5. **Knee Flexion**-Bend your knee behind you as far as you can, hold for 5 seconds, lower your leg slowly to the floor.



6. **Knee Lunge**-Stand with your operated leg forward with knee bent and your un-operated leg behind you, lean forward and bring your weight over your

operated leg allowing your knee to bend. Hold for 5 seconds.

