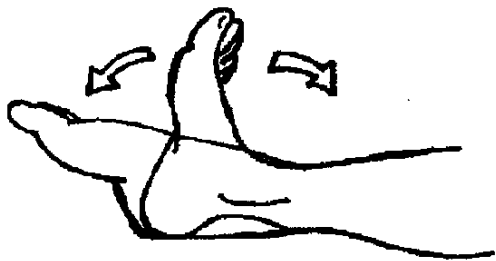


**REHAB: KNEE REPLACEMENT EXERCISE PROGRAM**  
Physical and Occupational Therapy

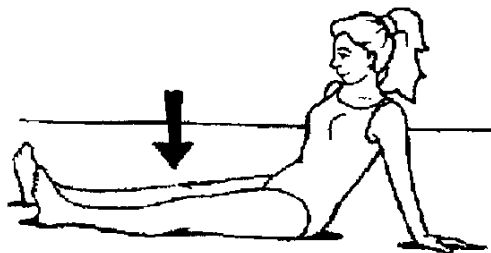


**Ankle Pumps and Circles**

Point and flex your ankles through full range of motion. Then rotate your feet clockwise followed by counterclockwise.

Repeat 10-20 times each direction.  
Do 3 **or more** sessions per day.

\*\*This is a good exercise for DVT (leg clot) prevention and for preventing ankle stiffness while in bed.

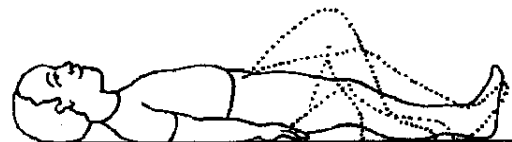


**Quadriceps sets - "Thigh Squeezes"**

Tighten the muscles on top of your thigh as if attempting to push your knee down into the bed.

Hold 5 seconds. Relax.  
Repeat 10-20 times.  
Do 3 sessions per day.

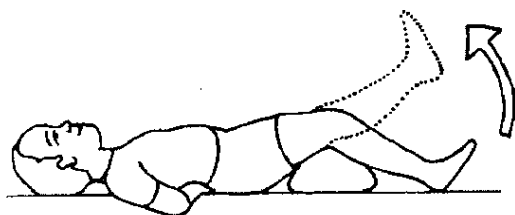
\*\*Note: You do not need to prop up on your hands to do this exercise. Stay relaxed on your back.



**Heel Slides**

Bend and straighten one leg by slowly sliding the foot along the bed. Keep your low back flat (it may be more comfortable to bend the opposite knee).

Repeat 10-20 times.  
Do 3 sessions per day.

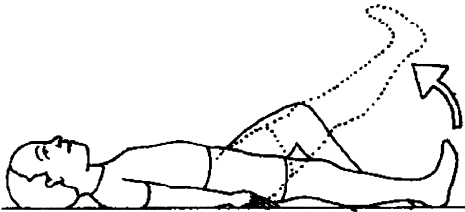


**Short Arc Quads**

Have help (if needed) placing a rolled pillow or blanket under your knee. Straighten the knee by lifting your heel off of the bed. Keep your knee on the pillow or bolster (do not lift the entire leg).

Repeat 10-20 times.  
Do 3 sessions per day.

**REHAB: KNEE REPLACEMENT EXERCISE PROGRAM**  
Physical and Occupational Therapy

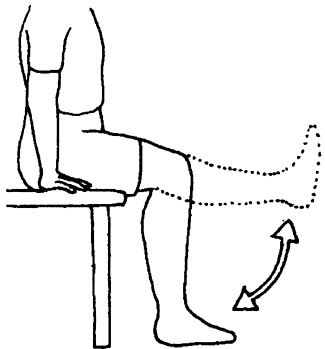


**Straight Leg Raise in Supine**

Bend your non-operative knee for comfort. Now raise the operative leg up to the level of the opposite knee while keeping the toes pointed upward. Slowly lower.

Repeat 10-20 times.

Do 3 sessions per day.

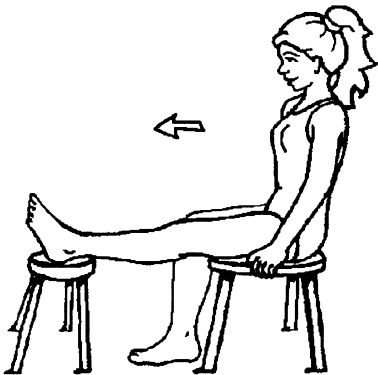


**Knee Extension in Sitting**

Sit in a chair with your feet on the floor. Lift your foot up until the knee is straight. Slowly lower.

Repeat 10-20 times.

Do 3 sessions per day.



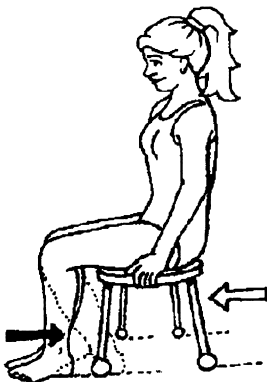
**Seated Hamstring Stretch**

With the foot positioned on a stool or chair as shown, straighten the knee and lean forward until a stretch is felt in back of thigh.

Hold 20-30 seconds. Relax.

Repeat 5 times.

Do 3 sessions per day.



**PROM for Knee Flexion**

While seated on a chair, firmly plant the foot of the operative leg onto floor and slowly scoot to the edge of the chair until the knee bends and a stretch is felt.

Hold each stretch 20-30 seconds.

Repeat 5 times.

Do 3 sessions per day.