



Home Exercise Program Following Knee Surgery

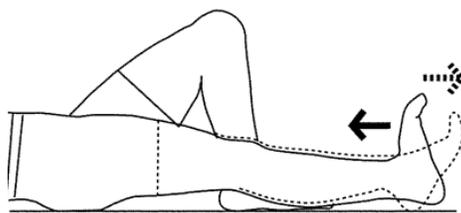
During your hospitalization, you have had knee surgery. In order to get the best function possible from your knee, it is important that you perform the exercise program described below.

Perform exercises one (1) and two (2) fifteen (15) times EVERY HOUR.

Perform exercises marked by your therapist: _____ repetitions and _____ sessions a day.

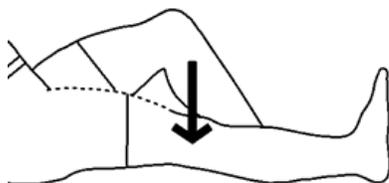
1. Ankle Pumps

- Move feet up and down and in circles.



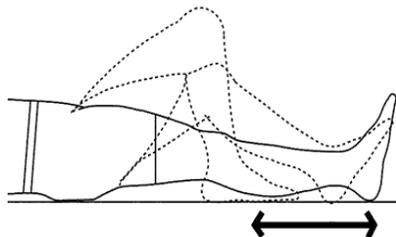
2. Quadriceps Setting

- Tighten the muscles just above your knee by straightening your knee completely.
- Concentrate on pushing your knee into the bed. Hold for the count of five (5), then relax and repeat.



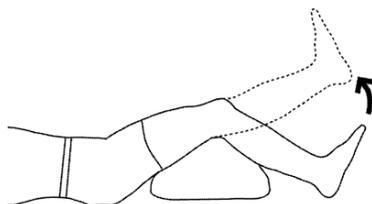
3. Hip and knee bending

- While lying on your back, slide the heel of the involved leg along bed so that the hip and knee bend, then slide foot back down. Gradually try to increase the amount of bend in your knee.



4. Knee straightening

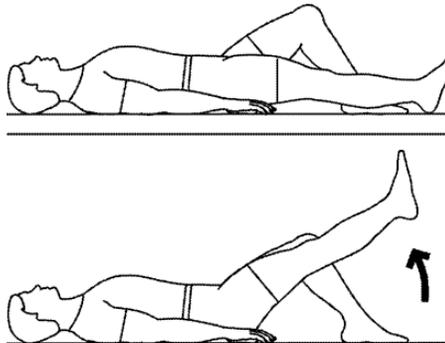
- Bend knee and place a small roll under your knee.
- Straighten knee by lifting foot off of the bed.
- Hold for the count of five (5), then slowly lower foot so that it rests on the bed.





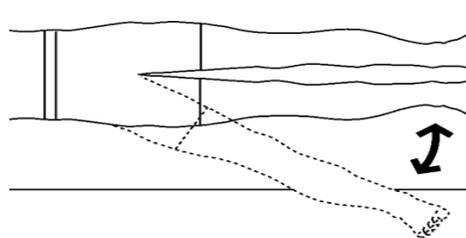
5. Straight Leg Raises

- Bend the “good” leg up so that your foot is flat on the bed. Lift operated leg up, keeping knee straight.
- Slowly lower leg down to the bed.



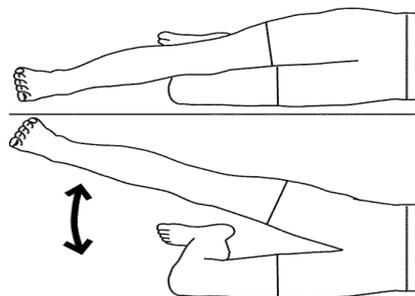
6. Supine Hip Abduction

- Slide operated leg out to the side, keeping your knee straight.
- Bring leg back in towards the “good” leg.



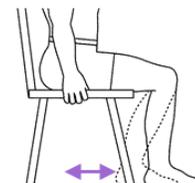
7. Sidelying Hip Abduction

- Lay on your side with your operative leg up.
- Lift operative leg two (2) to three (3) inches
- Hold for a count of three (3) and then lower leg.



8. Active Knee Bending

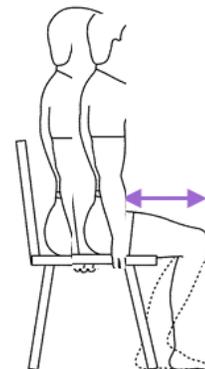
- Sit in a chair with feet flat on the floor.
- Slide foot of operative leg as far back as possible. Hold ten (10) seconds, then relax and slide foot forward.





9. Passive Knee Bending

- Sit in chair with both feet flat on the floor
- Slide foot back as in Exercise #8
- Plant foot firmly on the floor.
- Slide hips forward on the chair so that the knee bends as much as tolerated. Hold 10 seconds and then relax, sliding hips back to starting position.



10. Knee Extension Stretch

- Sit in a chair with foot resting on a stool
- Allow gravity to help straighten your knee completely
- *NOTE: DO NOT stay in this position for longer than 30 minutes.*



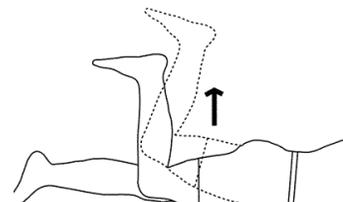
11. Prone Knee Bending (*NOTE: Use a towel under the front of your thigh to keep pressure off the incision.*)

- Roll onto your stomach.
- Bend your knee so that the heel of your foot moves toward your buttocks, then relax and allow foot to return to starting position.
- *NOTE: Be sure to keep the front of thigh on bed / mat*



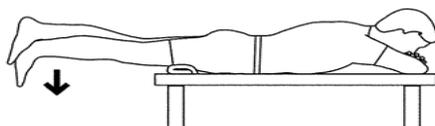
12. Hip Extension (*NOTE: Use a towel under the front of your thigh to keep pressure off the incision.*)

- While on your stomach:
- With your knee bent, raise your thigh off the bed 1-2 inches and hold for a count of five (5) seconds.
- Then lower to the original position.



13. Passive knee extension (*NOTE: Use a towel under the front of your thigh to keep pressure off the incision.*)

- Roll onto your stomach with lower part of leg hanging off the edge of the bed.
- Use an ankle weight (1-5 pounds) or your other foot to push your knee completely straight.



OR

