



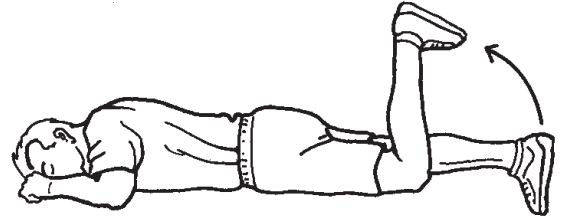
Total Knee Replacement Home Exercise Program – Phase II

Apply ice to your incision area for 20 to 30 minutes after exercising to help lessen discomfort. A heating pad should not be used without your surgeon's approval.

1. Stomach lying knee flexion

Action: While lying on your stomach, slowly bend your knee. Allow your heel to move towards your buttock. Slowly lower leg to starting position.

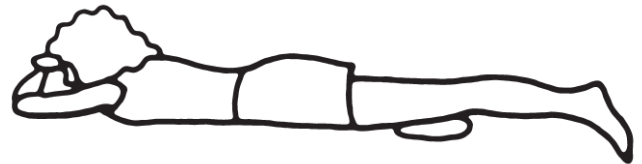
Do _____ repetitions _____ times per day.



2. Stomach lying leg hang

Start Position: Lie on your stomach with feet hanging over the edge of the bed and a rolled towel under your thigh.

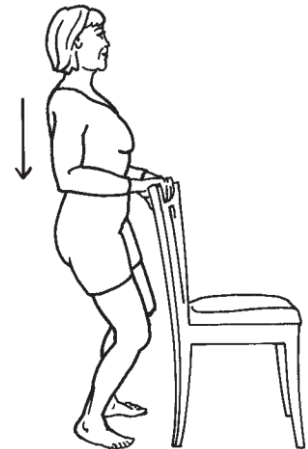
Do _____ repetitions _____ times per day.



3. Standing mini squats

Action: Stand with hands on counter or sturdy chair for balance. Bend knees slowly, keeping each knee cap over the second toe. Bend only partially down. Slowly return to starting position.

Do _____ repetitions _____ times per day.



4. Standing knee flexion

Hold onto a counter for balance, then bend knee by bringing heel towards buttock. Slowly return to starting position.

Do _____ repetitions _____ times per day.

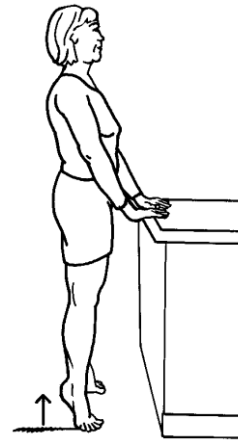


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5. Heel raises

Action: Stand with hands on counter or sturdy chair for balance. Raise heel off floor so you are standing on the balls of your feet. Hold abdominal and buttock muscles tight throughout exercise. Slowly return to starting position.

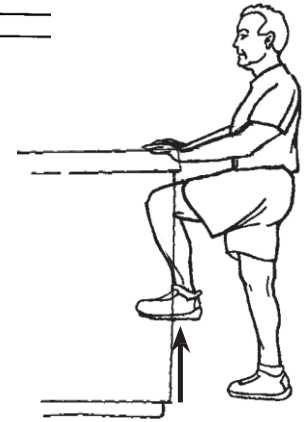
Do _____ repetitions _____ times per day.



6. Standing hip flexion

Action: With hands on counter for balance, raise knee towards your waist, allowing your knee to bend. Slowly return leg to starting position.

Do _____ repetitions _____ times per day.



7. Standing abduction

Action: With hands on counter or back of sturdy chair for balance, kick one leg out to side slowly, keeping knee straight. Do not lean forward or to the side. Repeat using the other leg.

Do _____ repetitions _____ times per day.



8. Standing hip extension

Action: With hands on counter for balance, kick leg behind you slowly. Do not lean forward. Return to starting position.

Do _____ repetitions _____ times per day.

