Total Knee Replacement Home Exercise Program – Phase I

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. **Breathing exercises**
   Exercise can be done while sitting or lying down.
   **Action:** Place your hands directly below the “V” formation of your ribs. Take a slow deep breath in through your nose. Keep your neck and shoulders relaxed. You should feel your stomach push out against your hand. Exhale slowly through your mouth with pursed lips, you should feel your belly move inward as you exhale.

   Do _____ repetitions _____ times per day.

2. **Hanging knee extension**
   Lie on back. Place towel roll under heel.
   Let knee straighten. Begin 1- to 2-minute holds.
   Progress to 15 minutes.

   Do _____ repetitions _____ times per day.

3. **Gluteal sets**
   Exercise can be done while lying down or standing.
   **Action:** Squeeze buttocks together and hold for 5 seconds.
   Relax and repeat.

   Do _____ repetitions _____ times per day.

4. **Quad sets**
   **Action:** While lying down, tighten the muscles on the top of the thigh and hold for 5 seconds. Relax and repeat.

   Do _____ repetitions _____ times per day.
5. **Ankle pumps**
   Exercise can be done while sitting or lying down.
   **Action:** Pull foot up and then point foot down as far as possible.
   Do ____repetitions _____times per day.

6. **Heel slides**
   **Action:** While lying down, slowly bend knee, sliding heel up toward buttock. Do not lift heel from surface. Slowly return to the starting position. (May need assistance from another person for this exercise.)
   Do ____repetitions _____times per day.

7. **Supine hip abduction**
   **Action:** Lie down. Keep knees straight and toes pointed up to the ceiling. Slide involved leg out as far as possible and return to the starting position. (May need the assistance of another person for this exercise.)
   Do ____repetitions _____times per day.

8. **Terminal knee extension**
   **Action:** Lie down. Place rolled towel under knee. Slowly lift foot up by straightening the knee as far as possible. Hold for 5 seconds, then return to starting position.
   Do ____repetitions _____times per day.

9. **Straight leg raise**
   **Action:** While lying down, tighten the muscles on top of thigh. Slowly raise leg while keeping it straight. Keep thigh muscles tight and leg straight as you slowly lower it.
   Do ____repetitions _____times per day.
10. Sitting knee flexion
   **Action:** While sitting, cross legs at ankles with good leg in front.
   Push back involved leg gently with front leg until stretch is felt.
   Relax. Cross legs at ankles again. Lift involved leg with the good leg
to straighten out involved leg.

   Do _____repetitions _____times per day.

11. Adductor sets
   **Action:** While sitting, squeeze a towel roll, pillow or
   “soft” ball between knees to tighten the inner thigh
   muscles. Hold 5 seconds, then relax.

   Do _____repetitions _____times per day.

12. Knee extension
   **Action:** While sitting, slowly lift foot as you straighten the knee.
   Hold knee straight for 5 seconds, then slowly return to starting position.

   Do _____repetitions _____times per day.

13. Sitting push-ups
   Sit near the front of a chair that has armrests. Place hands on the armrests
   and bend forward from the hips. Push with your arms and lift the weight of
   your body halfway to a standing position. Your feet should stay on the
   floor. Don’t let your spine round forward. Keep chest lifted up. Hold for a
   count of 3. Slowly lower body back to the starting position using the arms.

   Do _____sets of _____repetitions _____times per day.