

## 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.



*Continued*

### 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.

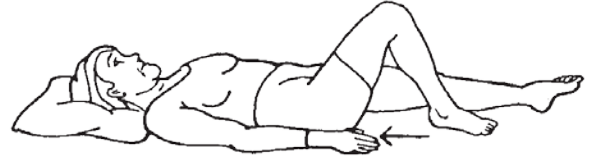
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 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.)

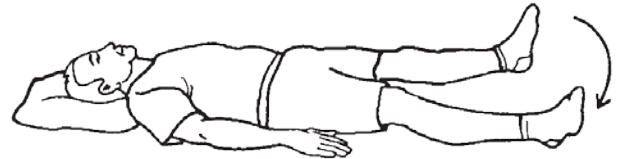
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 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.)

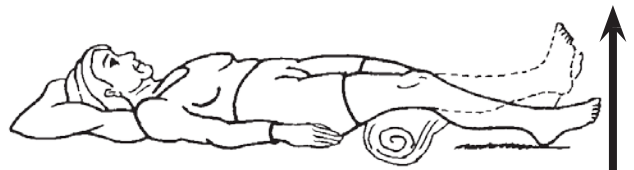
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 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.

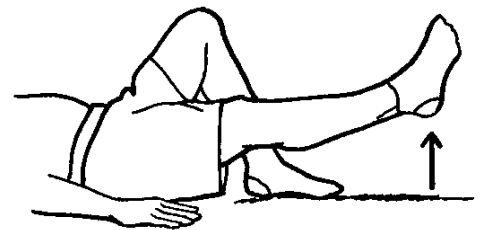
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 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.

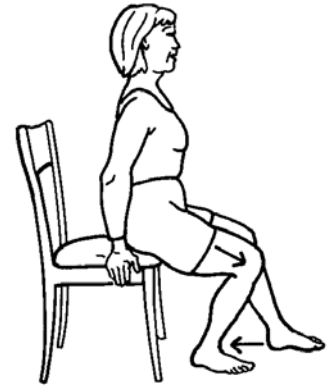


Continued

### 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.

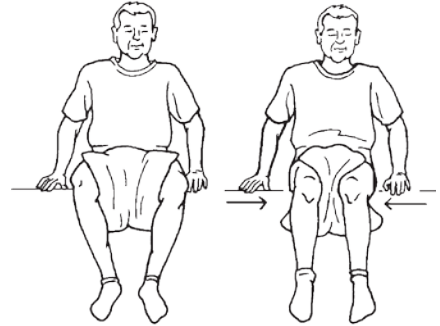
Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.



### 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.

