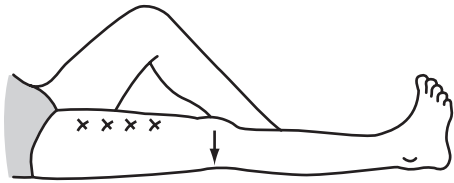


6. Total Knee Replacement Exercises

- Start with 10 repetitions of each exercise and increase to 20 repetitions.
- Do all exercises AT LEAST 3 times per day.
- Do exercises slowly.

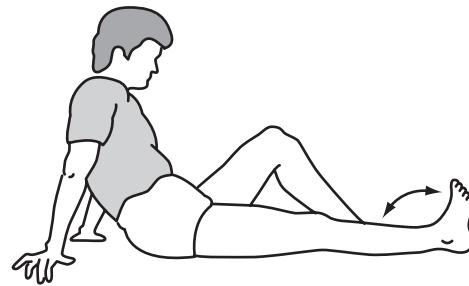
Quad Sets

- Press back of leg into bed; tighten the muscles on top of your thigh.
- Hold for 5 seconds and then relax.



Ankle Pumps

- Point toes towards foot of bed.
- Pull toes towards your head.



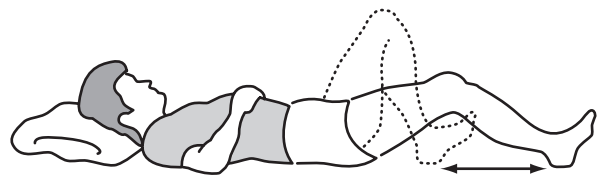
Glut Sets

- Squeeze your buttocks together as tightly as possible.
- Hold for 5 seconds and then relax.



Heel Slides

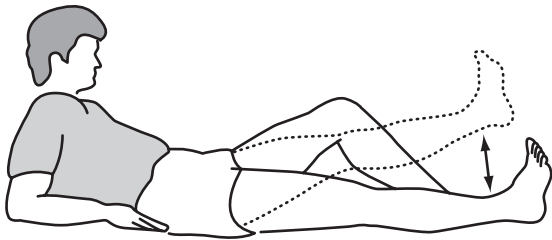
- Keep kneecaps pointed towards ceiling throughout exercise.
- Slide one foot towards your buttocks, bending your hip and knee.
- Slowly return to starting position.



Continued >

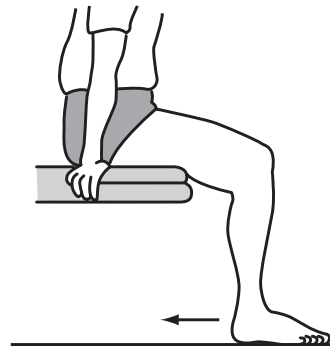
Straight Leg Raises

- Keep kneecap pointed towards ceiling throughout exercise.
- Bend opposite knee so the foot is flat on the bed (this takes the stress off your low back area).
- Tighten muscles in your thigh and raise the leg off the bed. Keep the knee as straight as you can as you raise and then lower the leg back to the bed.
- Be sure to use your knee immobilizer during this exercise until you are able to raise and lower the leg by yourself. Once you achieve this, remove the immobilizer and continue to work on lifting and lowering the leg without help.



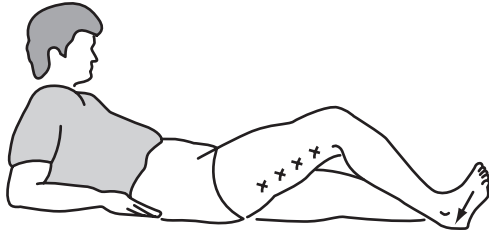
Seated Heel Slides

- Sit on the edge of your bed or in a chair so that the foot of your operated leg is flat on the floor with a “slipper” material such as a washcloth underneath it.
- Slide your foot back, then forward.
- You may cross your ankles so your strong leg helps your operated knee to bend.



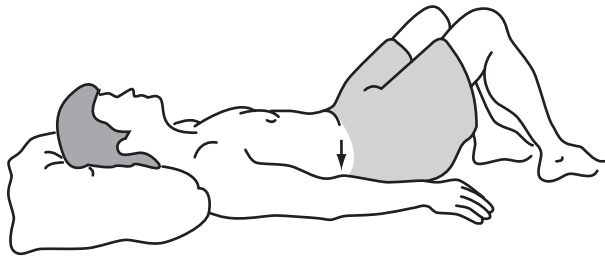
Hamstring Sets

- Keeping one leg straight, bend the other to the height of about 6 inches. Tighten the bent leg by digging down and back with the heel.
- Hold for 5 seconds and then relax.



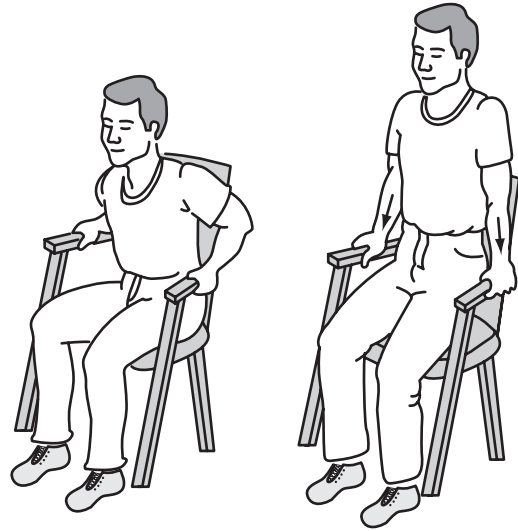
Abdominal Bracing

- Lie on your back.
- Bend your knees up.
- Tighten your abdominal muscles by bringing your belly button in.
- Hold for 5 seconds and then relax



Chair Press Ups

- Sitting in a chair with armrest, place both hands on the armrests.
- Push down with your hands and lift your body straight up in the chair.
- Hold for 5 seconds then slowly lower your body down.



How to Use an Incentive Spirometer

Purpose

Deep breathing exercises with your incentive spirometer (breathing exerciser) will help open the air sacs in your lungs and may reduce future problems such as pneumonia. You can use this incentive spirometer on your own and take an active part in your recovery!



Steps

You may need to put the spirometer together. If so, attach the open end of the clear tubing to the port or opening at the bottom of the incentive spirometer. The mouthpiece is at the other end of the tubing.

- Hold the incentive spirometer upright.
- Breathe out normally, close your lips tightly around the mouthpiece and inhale slowly and deeply through your mouth. This slow deep breath will raise the piston in the clear chamber of the spirometer. This is similar to trying to suck a thick milkshake through a straw.
 - It is important to breathe in slowly to allow the air sacs in your lungs time to open.
- Continue to breathe in, trying to raise the piston as high as you can. Read the volume that you have achieved at the top of the piston.
 - Each day you use your incentive spirometer you should see improvement in how deep a breath you can take.
 - This may make you cough, which is normal. It will help to open up your lungs.

- When you feel like you cannot breathe in any longer, take the mouthpiece out of your mouth. Hold your breath for 3 to 5 seconds then breathe out slowly.
- Breathe normally for a few breaths and let the piston return to the bottom of the chamber.
- Set the goal indicator tab at the level that you reached.
- Repeat the slow, deep breath in and slow breath out again. Continue this cycle for a total of 10 breaths. If you start to feel light-headed or dizzy, slow your breathing down and give yourself more time with normal size breaths between the deep breaths.
- After you have taken 10 deep breaths on your incentive spirometer, it is important to cough to try to remove secretions that build up in your lungs.
- Repeat steps 2 through 8, every 1 hour, or as ordered by your doctor.

Keep the incentive spirometer within reach so you will remember to use it frequently. To help remember to use it every hour, some patients use their incentive spirometer at the commercial breaks between TV shows.

- Using your spirometer frequently while you are recovering at home will help keep your lungs clear.