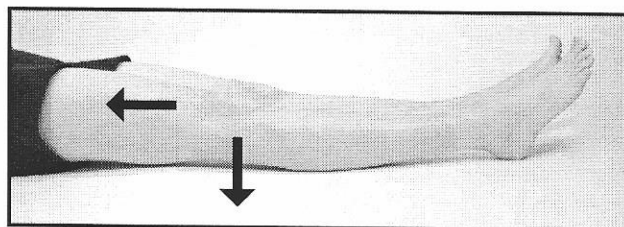
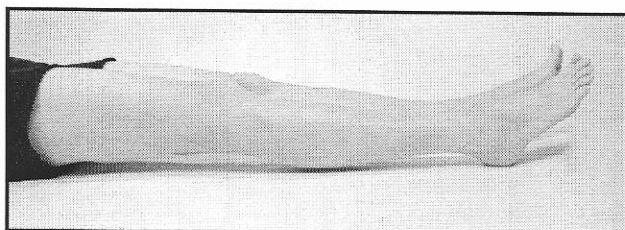


Post-operative Exercises and Home Exercise Program

The following exercises may be started the day of surgery and should be continued after discharge from the hospital.

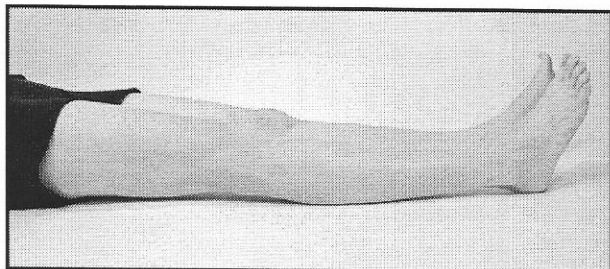
Quad Sets

Lie on your back. Push the back of both knees into the bed firmly. **HOLD** for 5 seconds. Relax. Repeat 4-6 times.

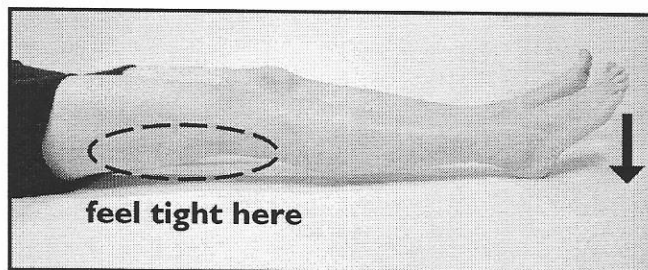


Hamstring Sets

Dig your heels into the bed while trying to pull your legs back, bending your knees slightly. **HOLD** 5 seconds. Relax. Repeat 4-6 times.



RELAXED

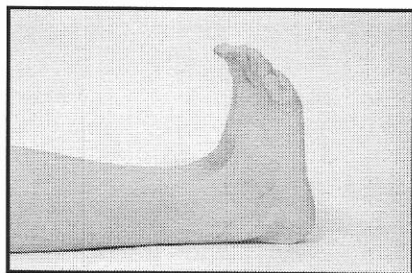


PUSH DOWN WITH HEELS

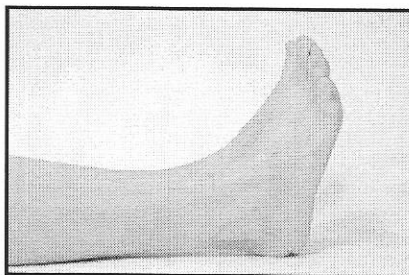
Post-operative Knee Exercises *(Continued)*

Ankle Pumps / Circles

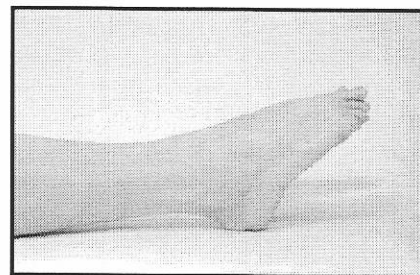
Slowly pump your feet UP and DOWN. Then move your ankles clockwise, then counter clockwise in a circular motion. Repeat 10-20 times hourly while awake.



PULL FEET UP



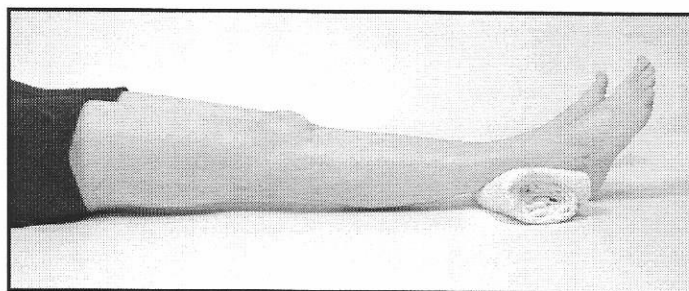
AT REST



PUSH FEET DOWN

Resting Positioning for Extension With a Towel Roll Under Ankle

Beginning the first day after surgery, lie on back with knee straight. Place small towel roll under your ankle. Maintain this position for 20-30 minutes or as tolerated; 2 or 3 times per day to provide a gentle stretch to the hamstring muscles.



Post-operative Knee Exercises

Second Day After Surgery

The Home Exercise Program is to be performed daily. Initially the exercises may be divided into 2 sessions; i.e., 1/2 of the exercise program in the morning and the remaining 1/2 in the afternoon. Progress to performing all of the exercise program in one exercise session as endurance levels increase. **DO NOT DO THE ENTIRE EXERCISE PROGRAM TWICE.** (You may choose to do the “sitting exercises” during the morning session and the “lying down exercises” in the afternoon — or vice versa.)

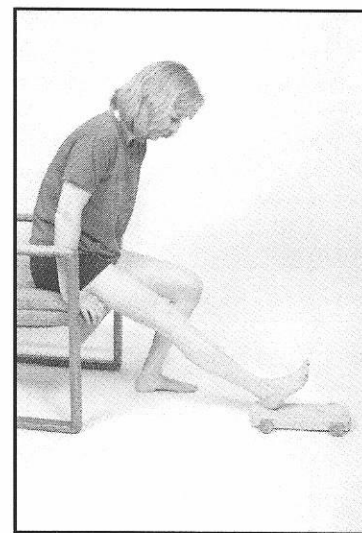
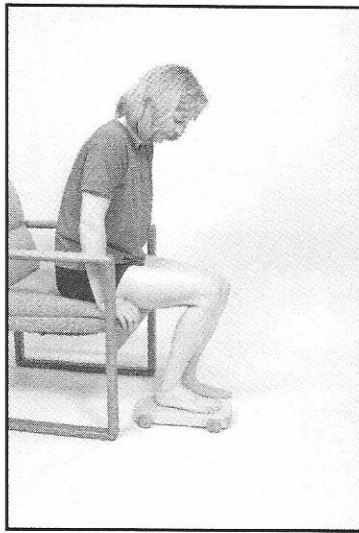
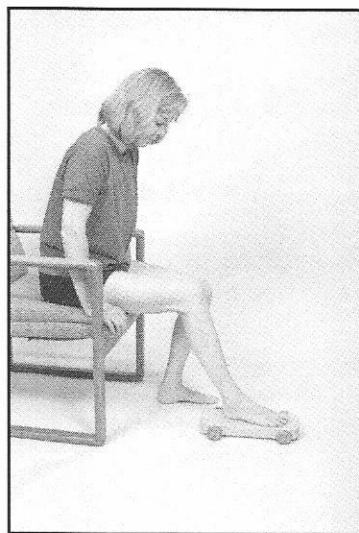
The following exercises are to be performed in a sitting position, either on the edge of the bed or chair. Gradually increase the number of repetitions by adding 2-3 repetitions each session until the total number indicated has been reached.

You may use an ice pack after performing your exercise program if the knee is swollen and/or painful. Cover ice pack with towel or pillowcase to avoid direct contact with your skin.

(I) Sitting Heel Slides

Sit forward on edge of chair or bed, slide foot back toward chair as far a possible and hold for 5 seconds, then slide foot forward, straightening knee and tightening the quads and hold for 5 seconds and repeat (if on linoleum or hard wood floor place towel under the foot; if on carpeting you may want to place your foot in lid of shoe box to assist in sliding.)

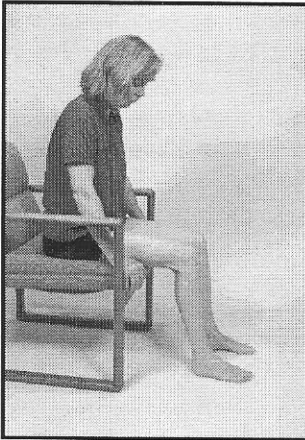
Repeat: _____ times and increase to _____ times, daily.



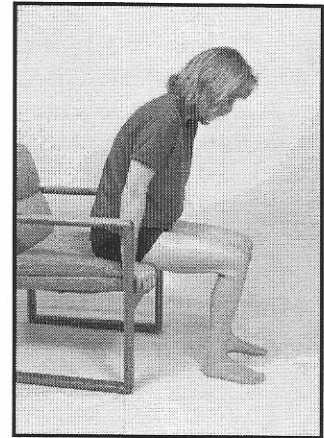
Post-operative Knee Exercises (Continued)

(2) Assistive Knee Flexion

Sit on chair or bed, slide foot back toward chair as far as possible. Plant foot firmly on the floor and scoot buttocks forward to gently stretch the knee into flexion. (Place hands on bed or chair beside hips to assist in pushing and scooting buttocks forward.) Hold stretched position for 5-10 seconds and relax.

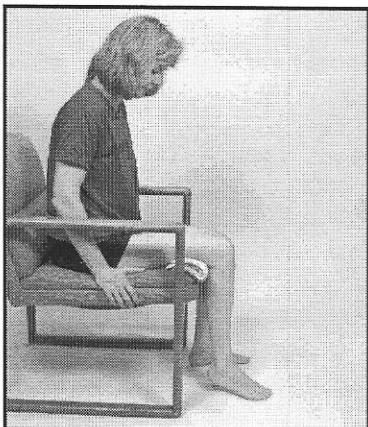


Repeat: _____ times and
increase to _____ times,
daily.

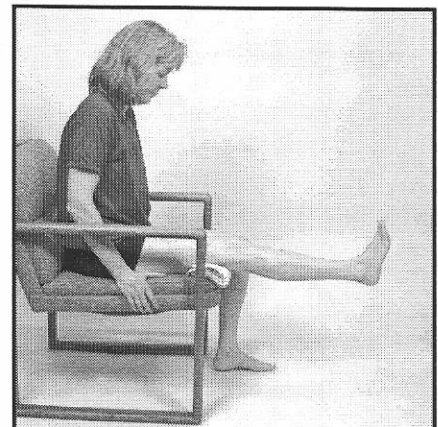


(3) Active Flexion-Extension (Bending and straightening)

Scoot back so that entire thigh is supported on chair or bed. Place small towel roll under knee to keep thigh level and keep equal weight on both buttocks. Bend knee back as far as possible using the hamstring muscles to pull the leg back and hold for 5 seconds. Then straighten knee as far as possible, tighten “quads” fully and hold for 5 seconds. Keep back of knee pressed against towel roll and avoid lifting at hip.



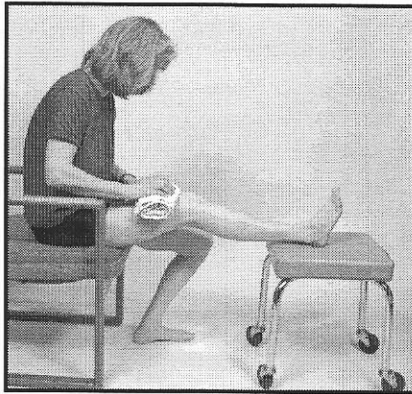
Repeat: _____ times and
increase to _____ times,
daily.



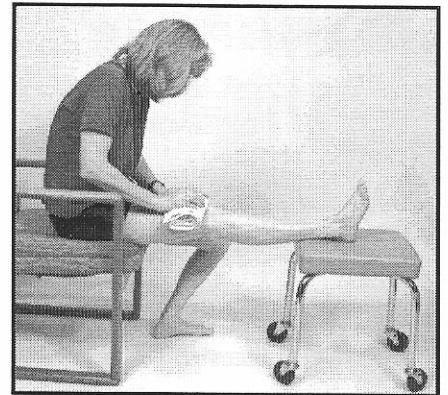
Post-operative Knee Exercises (Continued)

(4) Assistive Knee Extension “Hamstring Stretch”

Sit forward on edge of chair or bed, place foot on stool or chair approximately the same height. Tighten “quads” fully and apply gentle pressure to the thigh just above the knee with the hands, to stretch the hamstring muscles as fully as possible. Hold gentle stretch 5-10 seconds. Relax.



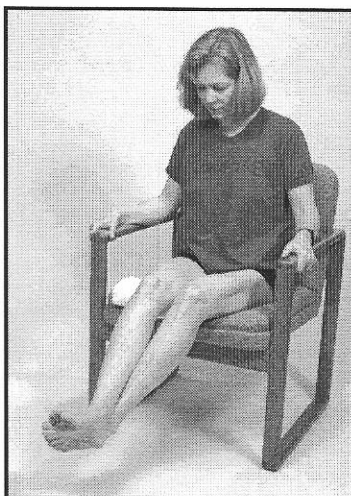
Repeat: _____ times and
increase to _____ times,
daily.



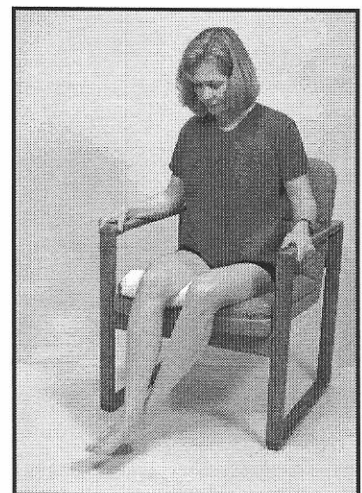
(5) Sitting Hamstring Strengthening

(Eliminate if able to do #11)

Place small towel roll under knee and place opposite leg behind surgery leg at ankles. Keep surgery leg in straight alignment. Straighten both legs together and then resist with opposite leg when pulling surgery leg down. Bend knee back as far as possible with resistance. Increase amount of resistance given as strength improves. *If you are unable to do this exercise with the opposite leg resisting, then you will need to have someone apply gentle manual resistance at the heel.



Repeat: _____ times
and increase to _____ times,
daily.



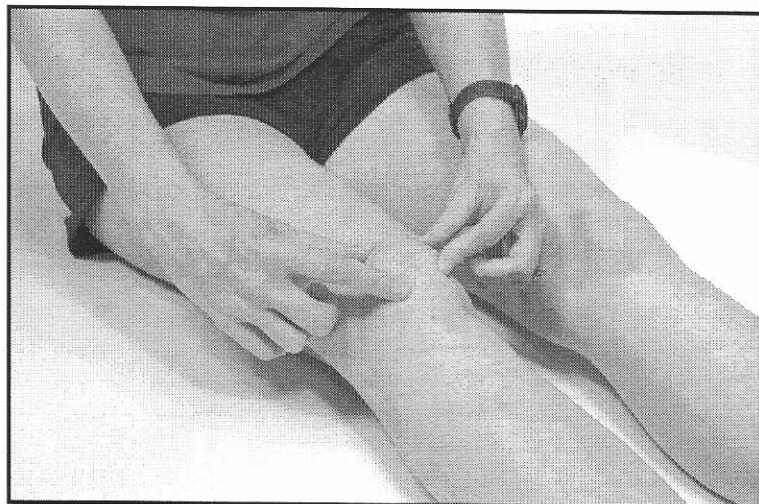
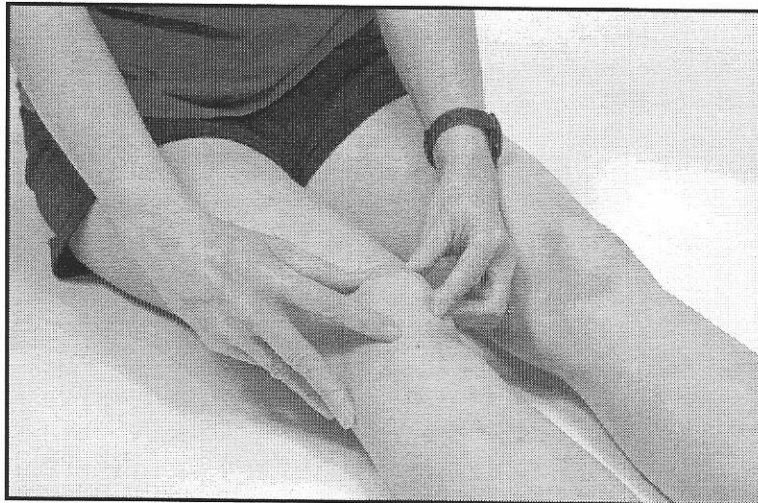
Post-operative Knee Exercises *(Continued)*

(6) Patellar Mobilization

(To prevent scar tissue from adhering behind the knee cap.)

Sitting with heel on floor or leg supported on bed. Keep knee and “quads” relaxed, gently move knee cap side to side and up and down, as tolerated. (This should be a gliding motion; avoid downward pressure on the knee cap.)

Repeat ____ times, daily.



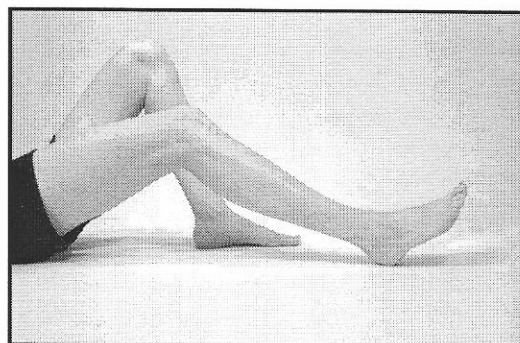
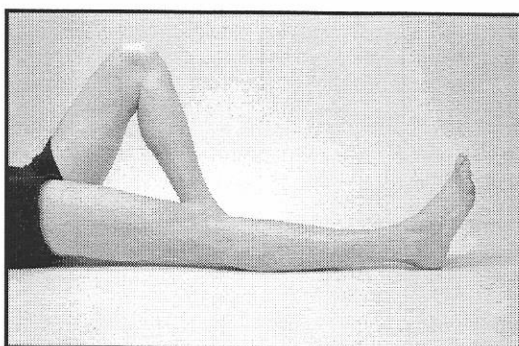
Post-operative Knee Exercises (Continued)

The following exercises are to be performed lying down on the bed. Gradually increase the number of repetitions by adding 2-3 repetitions each session until the total number indicated has been reached.

(7) Back Lying Heel Slides

Lie on back on bed; slide heel upward toward buttocks to bend the knee as far as possible and hold for 5 seconds. Release, and slide heel downward to straighten knee as far as possible. Tighten ‘quads’ and hold for 5 seconds.

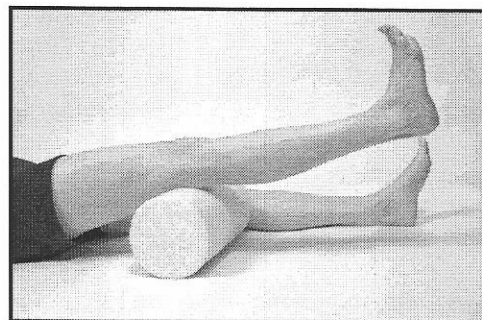
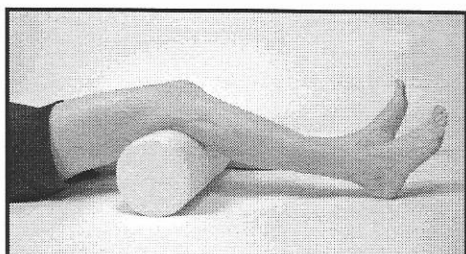
Repeat: _____ times and increase to _____ times, daily.



(8) Knee Straightening Over Towel Roll “Short-Arc-Quads”

Place large towel roll under knee. Keep back of knee pressed against towel roll and lift foot off of the bed; straighten knee as far as possible. Hold for 5 seconds, then lower foot down slowly.

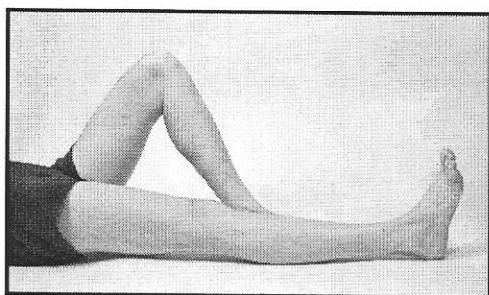
Repeat: _____ times and increase to _____ times, daily.



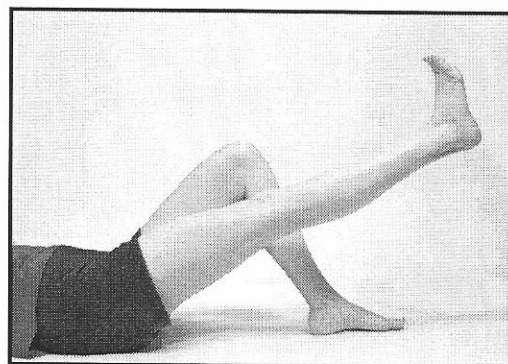
Post-operative Knee Exercises (Continued)

(9) Straight Leg Raises

Lie on back with knee straight and opposite knee bent. Tighten “quads” fully to “lock” the knee as straight as possible. Slowly lift entire leg 12-15 inches off the bed, hold 3-5 seconds, lower slowly and repeat. Keep the “quads” tightened while raising and lowering the leg.

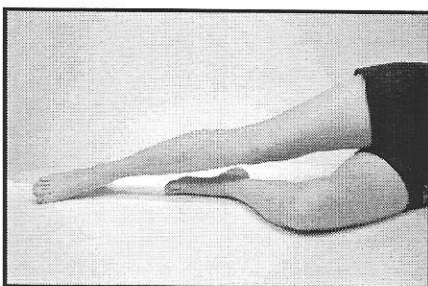


Repeat: _____ times and
increase to _____ times,
daily.

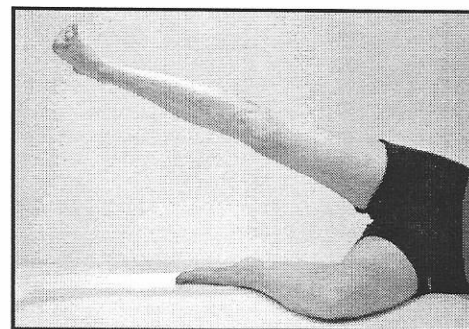


(10) Sidelying Straight Leg Raises

Lie on opposite side with bottom knee bent in relaxed position. Straighten the surgery leg. Attempt to keep surgery leg in line with the trunk and shoulders. Tighten “quads” and lift leg up towards ceiling 12-15 inches. Hold for 5 seconds, and lower leg. Relax.



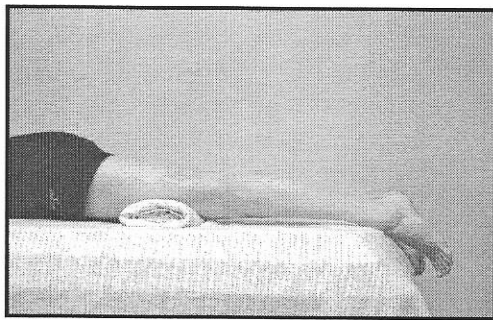
Repeat: _____ times and
increase to _____ times,
daily.



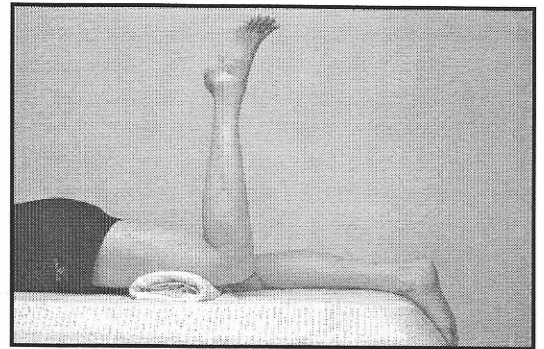
Post-operative Knee Exercises (Continued)

(11) Hamstring Strengthening — On Stomach

Lie on stomach and place small folded towel above knee to help avoid pressure on knee. Bend knee slowly, bringing foot toward buttocks and hold for 5 seconds; lower foot down slowly. Relax.

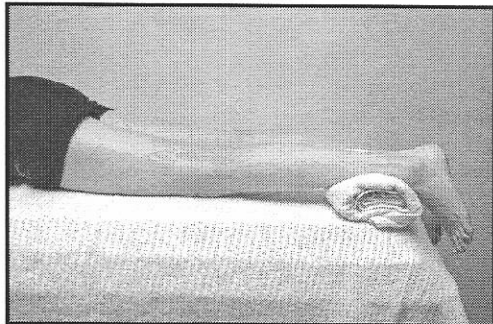


Repeat: _____ times
and increase to
_____ times, daily.



(12) “Quad Sets” On Stomach

Lie on stomach and place small towel roll under ankle and tighten “quads” as fully as possible, and attempt to lift knee off of bed. Hold for 5 seconds. Relax.



Repeat: _____ times and
increase to _____ times,
daily.

