

Total Knee Arthroplasty

Exercise Program

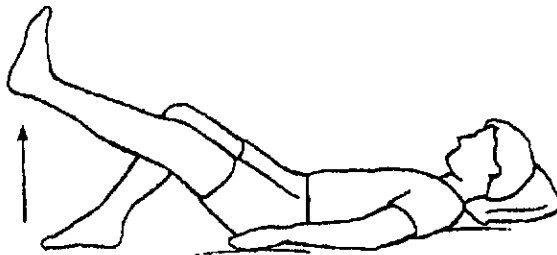
Do 10 repetitions of each exercise 1 time per day. All exercises should be done within the limits of comfort. Discontinue exercise if there is a substantial increase in pain.

Bed Exercises

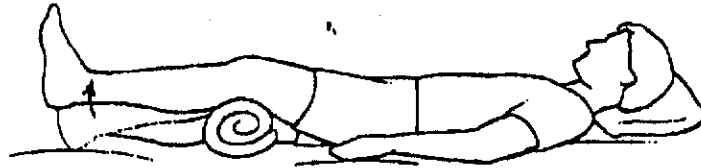
1. **Quad Set:** Tighten thigh muscle by pushing your knee into the bed, hold for 5 (five) seconds and relax.



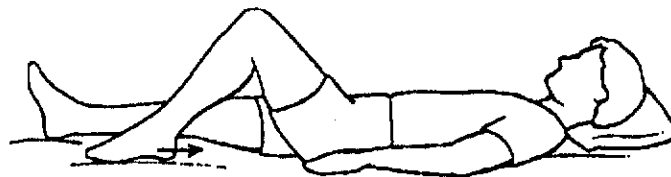
2. **Straight Leg Raise:** Bend un-operated knee so that your foot is flat on the bed. Lift your operated leg up and off the bed (approximately 6 (six) inches) and down slowly.



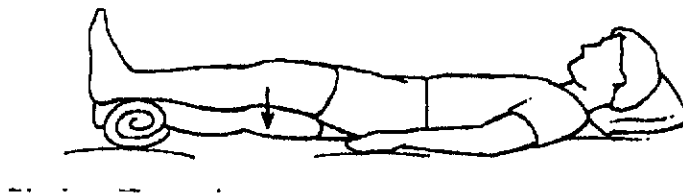
3. **Short Arc Quad:** Place folded pillow or towel roll under your operated knee so that your knee is bent and your heel is resting on the bed. Lift your lower leg off the bed. Hold for 5 seconds.



4. **Heel Slide:** Bend your knee up and down by sliding the heel of your operated leg along the bed.

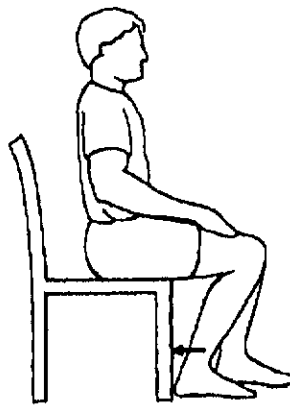


5. **Passive Extension:** Place folded pillow under the heel of your operated leg to allow the back of your knee to stretch. Try to rest in this position for 20 minutes.

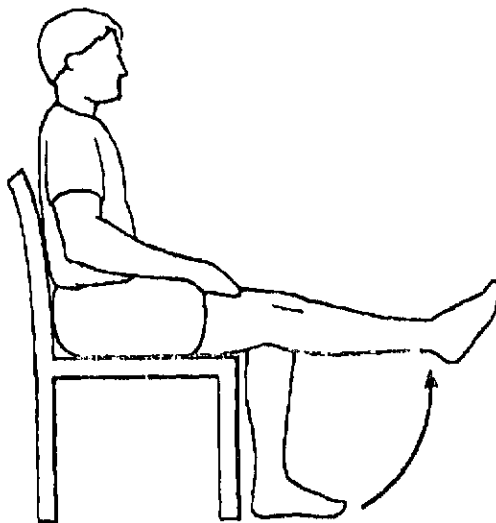


Sitting Exercises

1. **Knee Flexion:** Tighten calf muscle and pull leg back under your chair. Gently rock your trunk forward over knee with leg in bent position, hold for 5 seconds. You may use your other leg to assist with knee flexion.



2. **Knee Extension:** Lift lower leg off the floor by straightening your knee, hold for 5 seconds, lower slowly.



Standing Exercises

1. **Knee Flexion:** Bend your knee behind you as far as you can, hold for 5 seconds, lower your leg slowly to the floor.

