

Clinician Notes

TOTAL KNEE REPLACEMENT HOME EXERCISE PROGRAM

Joint replacement surgery is often done to relieve pain from arthritis or repair damage to a joint from an injury. Joint replacement can help improve pain, movement, and overall quality of life. Surgery is the first step in your journey to recovery. Your success in recovery depends on your commitment to exercise and a healthy lifestyle. It is important to follow all orders and recommendations from your doctor and care team. Perform exercises exactly as recommended by your therapist. Do not perform any exercises your therapist has not reviewed with you.

Supine Ankle Pumps

SETS: 3	REPS: 10
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Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Gluteal Sets

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Quadricep Sets

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Supine Hip Abduction

SETS: 3	REPS: 10
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Setup

Begin lying on your back with your legs straight.

Movement

Move one leg out to the side as far as you can without bending at your side.

Tip

Make sure to keep your back on the ground and do not move your upper body during the exercise.

Supine Isometric Hamstring Set

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

Quad Setting and Stretching

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back on a bed or flat surface with a bolster or large towel roll under the heel of your surgical leg.

Movement

Tighten the muscles in your thigh, straightening and pressing your knee down toward the bed. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise.

Supine Short Arc Quad

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back on a bed or flat surface with a small bolster or large towel under the thigh of your surgical leg.

Movement

Tighten the muscles in your thigh as you lift your foot and straighten your knee. Hold briefly, then slowly lower down to the starting position and repeat.

Tip

Make sure to keep the back of your leg resting on the bolster and do not rotate your leg to either side.

Supine Straight Leg Raises

SETS: 3	REPS: 10
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Setup

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.

Seated Long Arc Quad

SETS: 3	REPS: 10
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Setup

Begin sitting upright.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Seated Knee Flexion

SETS: 3	REPS: 10
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Setup

Begin sitting in an upright position with your feet flat on the ground.

Movement

Slide your involved leg backward as far as is comfortable, then slide it back to the starting position and repeat. Try to slide your foot a little bit further backward each time.

Tip

Make sure to keep your back straight during the exercise.

Seated Calf Stretch with Strap

SETS: 3	REPS: 10
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Setup

Begin sitting in an upright position with a strap looped around the ball of one foot and your leg straight.

Movement

Pull upward on the strap, bending your foot toward your body, until you feel a stretch in the back of your calf and hold.

Tip

Make sure to maintain an upright posture and keep your knee straight during the stretch.

Seated Knee Flexion Stretch

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin sitting in an upright position.

Movement

Move one foot backward under the chair, then slowly shift your weight forward, bending your knee further. Hold this position. Return to the starting position and repeat.

Tip

Make sure to only move in a pain free range of motion.

Standing Knee Flexion with Counter Support

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Bend one knee, lifting your foot off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Standing Hip Abduction

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position in front of a counter or stable surface for support.

Movement

Slowly lift your surgical leg out to your side, hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your toes pointing forward and do not turn your leg in or out during the exercise.

Standing Heel Raise with Support

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

Standing Toe Raises at Chair

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

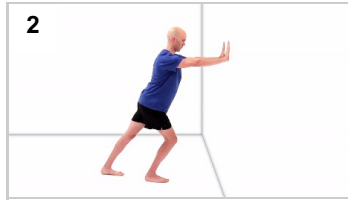
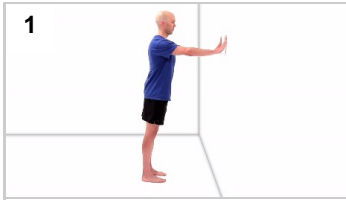
Slowly raise the balls of your feet off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep your heels on the ground and maintain your balance during the exercise.

Gastroc Stretch on Wall

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Controlling Swelling in Your Legs

Swelling in your limbs is common after an injury, surgery, or as a result of certain health conditions. Follow the tips below to help control any **SWELLING IN YOUR LEGS**.

Tips to Reduce Swelling

- ▶ One of the easiest ways to manage swelling is to elevate your swollen limb. As much as possible, keep your leg(s) elevated above the level of your heart when sitting or lying down. Support your legs with a pillow under your calf, but not under your heel or knee.
- ▶ Apply an ice pack to your hip, knee, ankle, or foot for 10-20 minutes, every 2-3 hours, or as recommended by your health care provider.
- ▶ Massage your leg with lotion. Begin at your foot and use firm pressure with long, smooth strokes to rub up towards your knee, and then to your hip. Do not do this if you have open wounds.
- ▶ Wear TED hose or compression stockings as recommended by your health care provider.
- ▶ Avoid wearing jewelry or tight clothing around your legs.
- ▶ Do not sit or stand for long periods of time without moving.
- ▶ Do exercises:
 - Do ankle pumps: point your toes towards you, then point your toes away from you. Repeat this 10-30 times each hour.
 - Draw the alphabet with your ankle.
 - Keeping your leg elevated, bend and straighten your knee.



Red Flags

Contact your health care provider if you experience:

- ▶ Redness
- ▶ Open wounds
- ▶ Pain in your legs or feet
- ▶ Skin that is warm to the touch
- ▶ Numbness
- ▶ The color or temperature of your toes changes