

HOME EXERCISE PROGRAM FOLLOWING PARTIAL AND TOTAL KNEE REPLACEMENT (TKR)

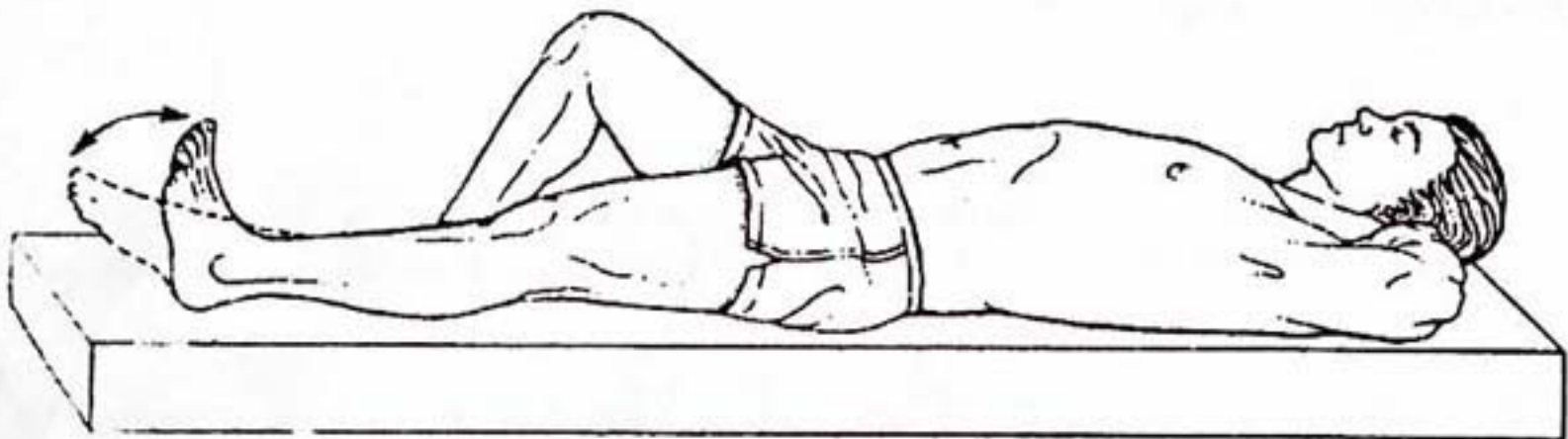
*** Acknowledging a contribution from Beth Israel Medical Center
Department of Physical Medicine and Rehabilitation, Boston, MA.*

DO NOT HOLD YOUR BREATH WHILE EXERCISING

****THESE EXERCISES ARE MOST IMPORTANT FOR YOUR KNEE****

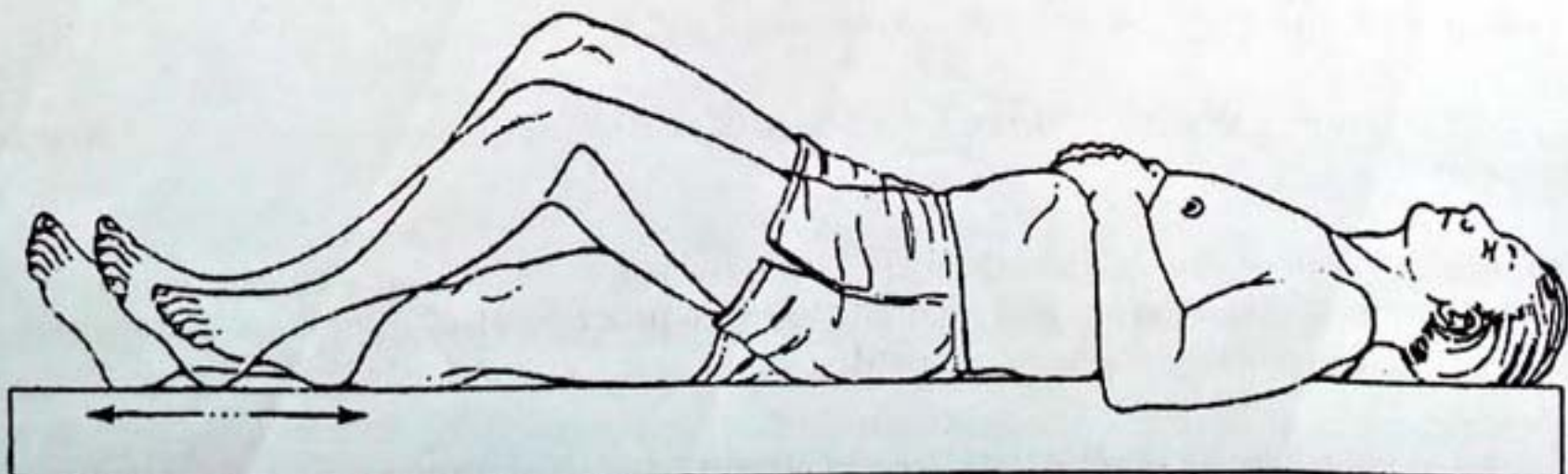
1. ANKLE PUMPS:

While lying flat on your back with your knee straight, bend ankle up and down as far as possible in both directions. Repeat with other leg.



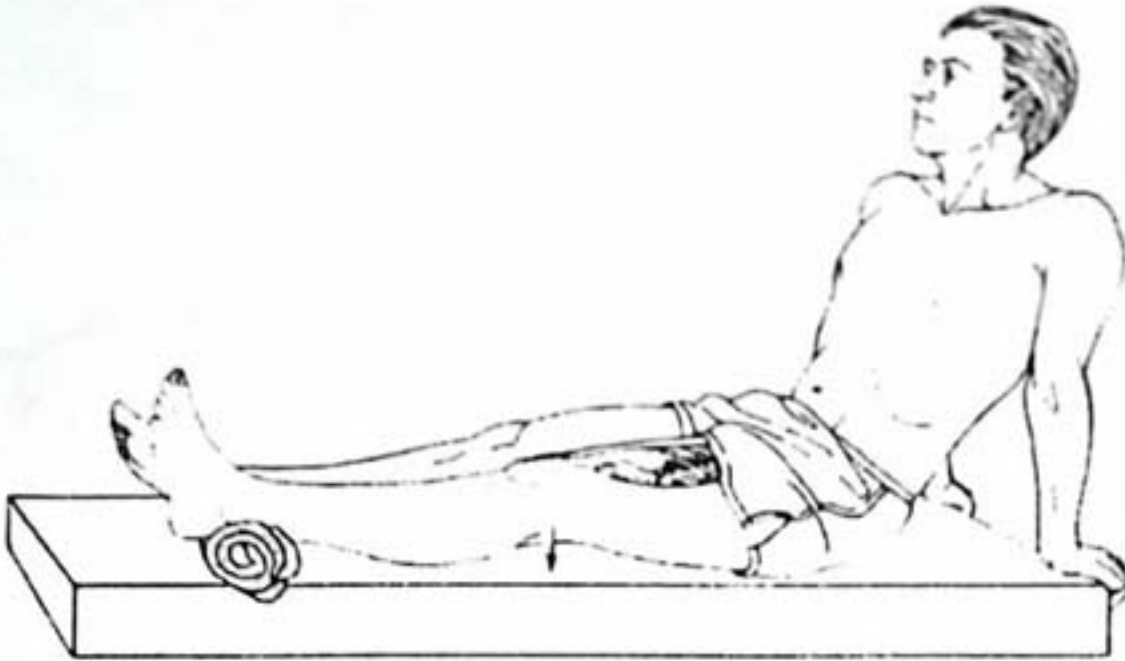
**2. HEEL SLIDES:

While lying flat on your back with your knee straight, slowly slide your heel in toward your buttocks. You should then straighten to the starting position. Please keep your foot on the surface at all times. Repeat with other leg.



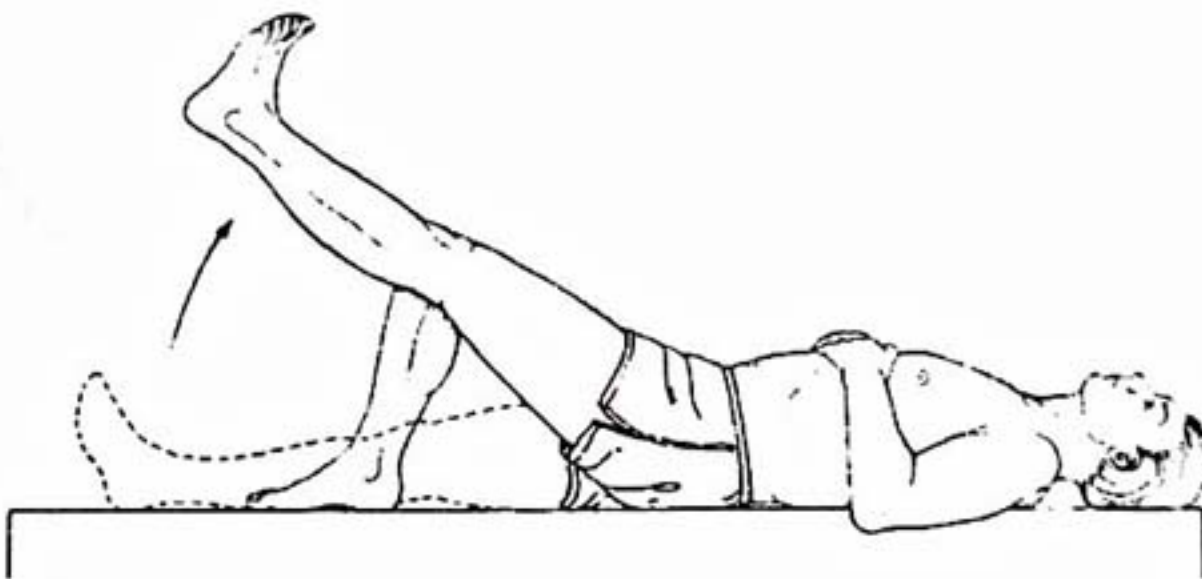
****3. KNEE PRESS:**

With your legs straight and a towel rolled up under your ankle, press knee down for contracting your thigh muscle. Hold for 5 seconds and then relax. Repeat with other legs.



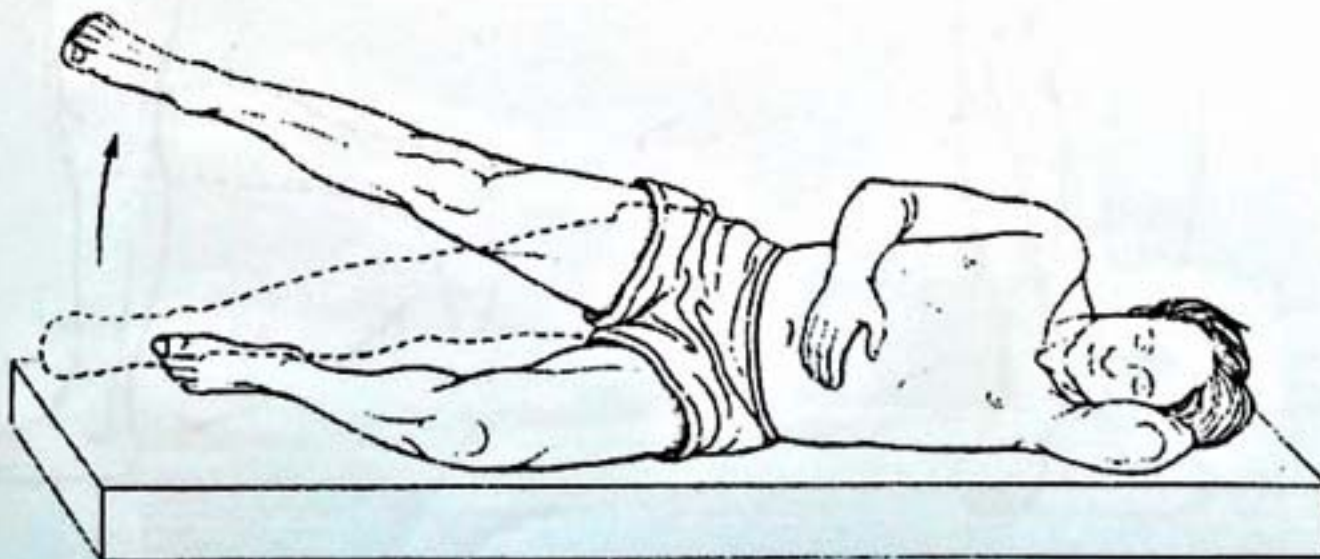
****4. STRAIGHT LEG RAISE:**

While lying flat on your back with your uninvolved leg bent and your foot flat on the surface, **tighten** your thigh and lift your involved leg. Keep your knee straight. Only lift to the height of the uninvolved knee. Repeat with other legs.



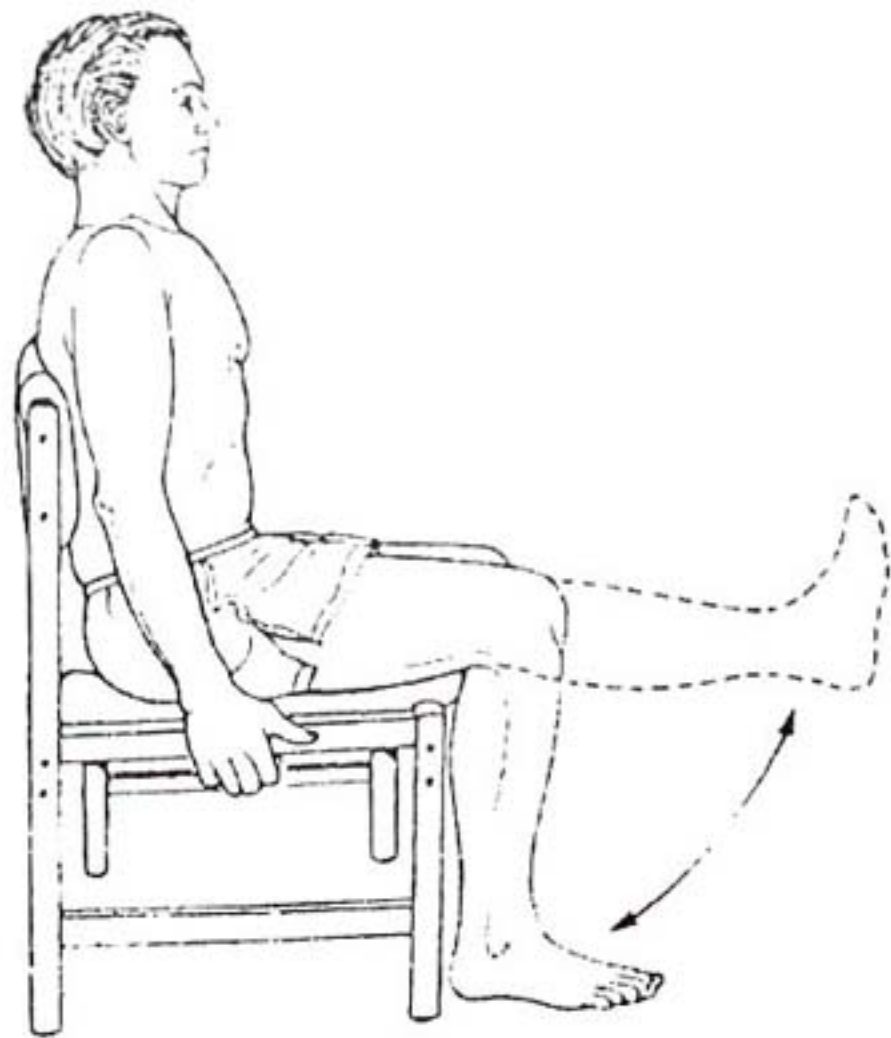
5. SIDE LYING ABDUCTION:

While lying flat on your uninvolved side bend your uninvolved leg forward. Raise involved leg about five inches and then lower to straight position. **Do Not** allow your toes or knee to turn upward. Repeat with other legs.



6. **SITTING KNEE EXTENSION:**

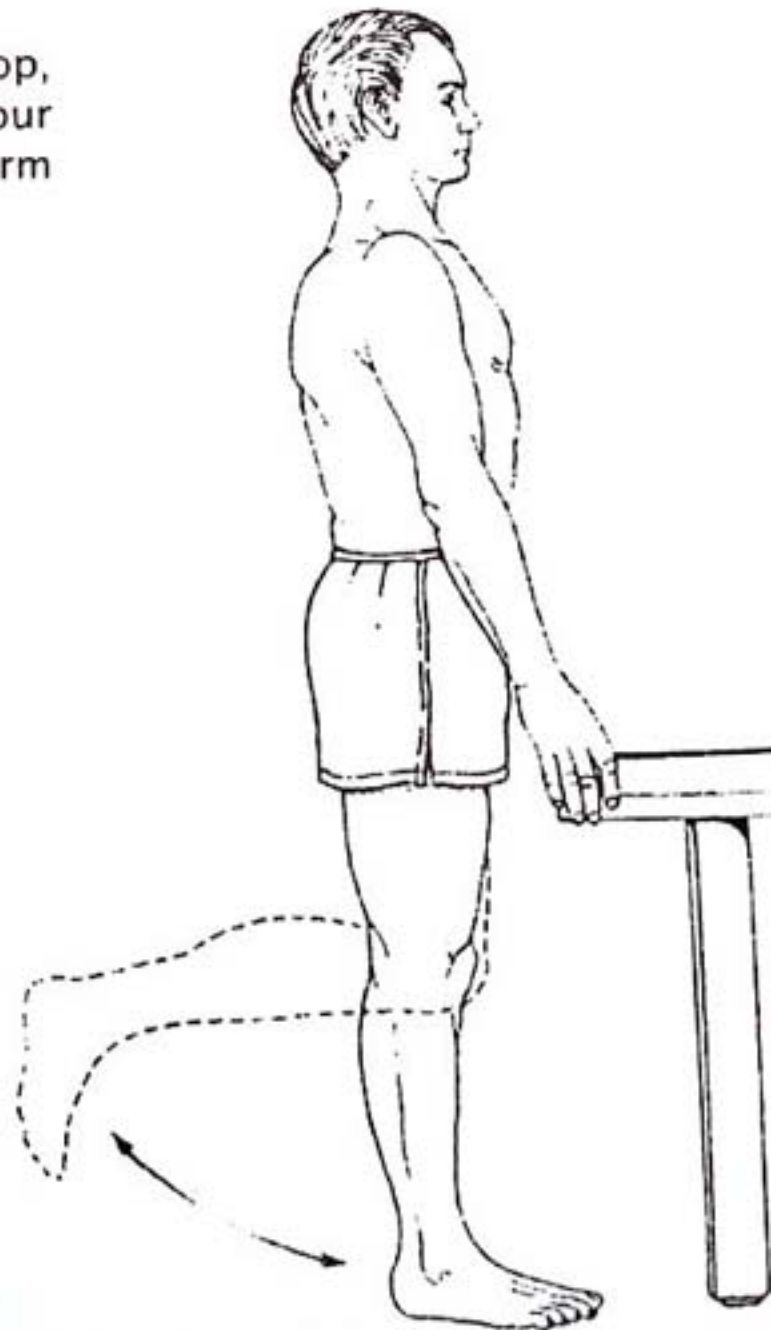
While sitting in a chair, straighten your involved knee as far as you can. **Hold** for 10 seconds. Repeat with other leg.



FOR ALL STANDING EXERCISES, BE SURE TO MAINTAIN UPRIGHT POSTURE.

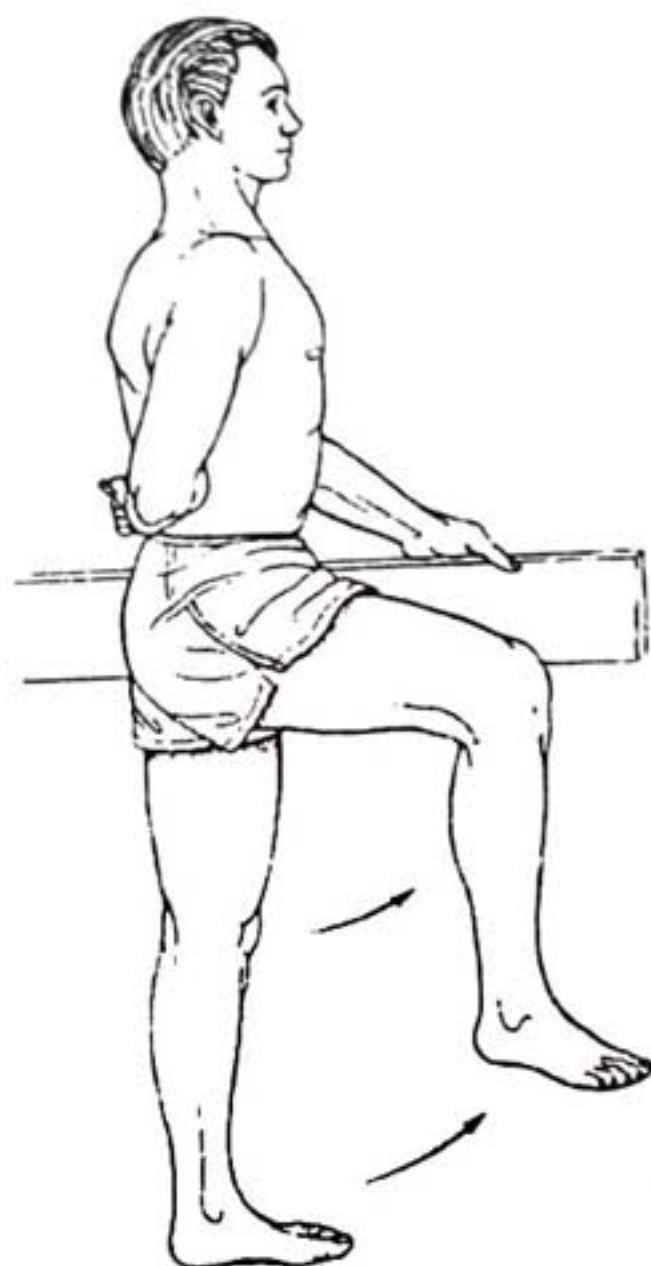
7. **STANDING KNEE BENDING:**

While holding on to a supportive surface, i.e. a counter top, bend your involved knee so that your foot rises toward your buttock. Do not twist your leg inward or outward. Then perform with your uninvolved leg.



8. **STANDING HIP BENDING:**

While holding on to a supportive surface, lift your knee up toward your shoulder by bending at the hip and knee. Then perform with your involved leg.



9. **STANDING HIP ABDUCTION:**

While holding on to a supportive surface, bring your involved leg out to the side keeping your toes pointing forward. Then perform with your uninvolved leg.



10. STANDING HIP EXTENSION:

While holding on to a supportive surface, bring your involved leg back keeping your knee straight. Then perform your uninvolved leg.



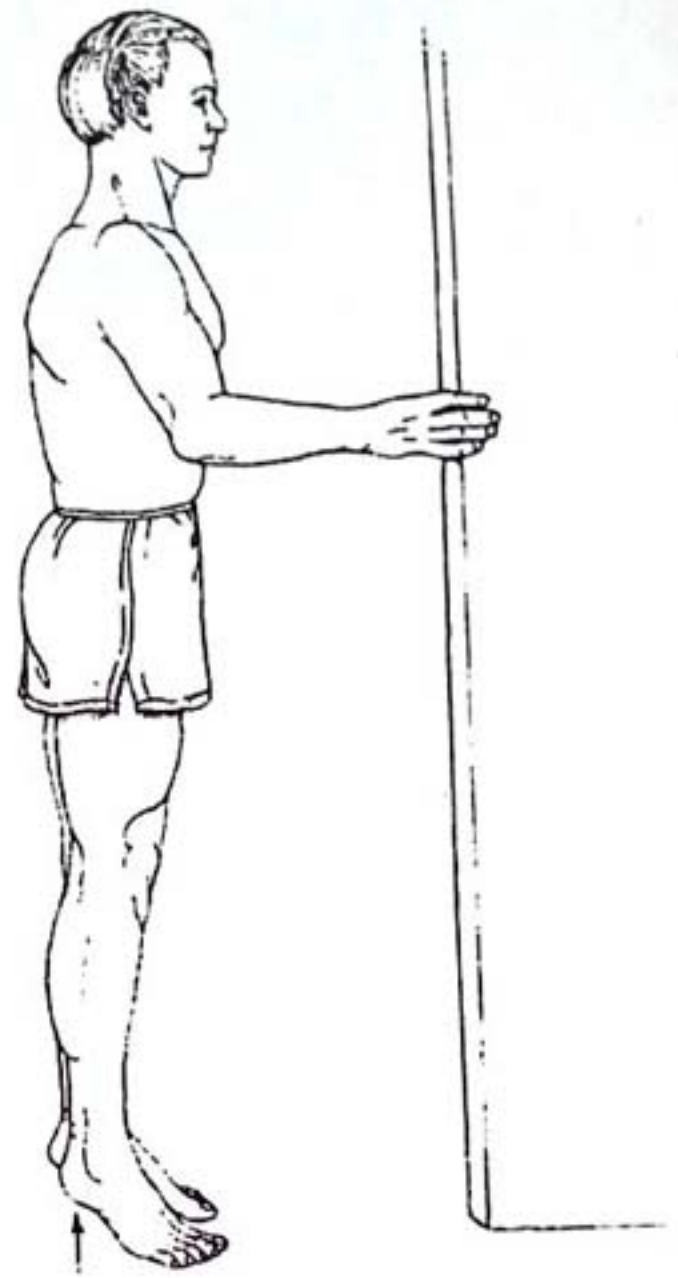
11. STANDING TERMINAL KNEE EXTENSION:

While holding on to a supportive surface, bend your involved knee slightly. Gently pull back your knee by tightening your thigh muscles, straightening your knee. Hold for 5 seconds. Do not over extend your knee.



12. HEEL RAISES:

While holding on the supportive surface, lift both heels off the ground toward the ceiling. Hold for 5 seconds and then slowly return to the starting position.



13. SITTING ASSISTED KNEE BEND:

While sitting in a chair with your uninvolved leg cross in front of your involved ankle, push your involved foot backwards, assisting with the bending of the knee. Hold for 5 seconds.

