

Rehabilitation: Total Knee Replacement

Rehabilitation: Knee Replacement

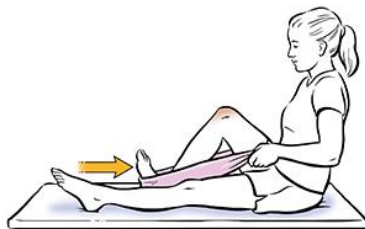
► Exercises after knee replacement



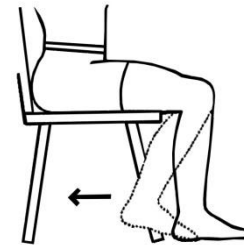
Ankle Pumps



Quad sets



Heel slides



Sitting knee flexion



Sitting knee extension

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Ankle Pumps

Ankle Pumps

- Lie on back
- Move foot up and down, pumping the ankle
- Can hold foot back to achieve a stretch in the back of your knee/calf muscle



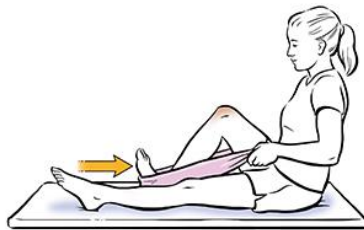
Quad sets

Quad Sets

- Sit/lay down with leg extended
- Tighten the quad muscles on front of leg, trying to push back of knee into bed
- Hold for 5 sec each

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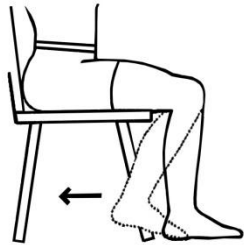
Heel slides

Heel slides

- Sit/lay down with legs straight
- Wrap long towel/sheet around foot and pull heel towards buttocks, thus bending the knee
- Pause at the top of stretch
- Return to start position
- Try to increased range each repetition

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Sitting knee flexion

Heel slides in sitting

- Sit in chair with knees bent
- Move heel of operated leg under chair
- Use non-operated leg and place over operated leg and pull back to achieve increased stretch
- Hold for 5 seconds
- Return to start position

Special Instructions

- Can place a pillowcase/wash cloth under foot for easier sliding



Sitting knee extension

Sitting knee extension stretch

- Sit in chair with operated leg extended
- Pull toes towards you and try to straighten knee as best as you can
- You can use your hand to push down on your knee for increased stretch
- Hold for 5 seconds