

Home Exercises after Total Knee Replacement

KNEE FLEXION



Sit on an elevated chair or table which will allow the knee to bend behind the chair/table. Bend your surgical knee back under the chair/table as far as you can.



Use your non-surgical foot to push the surgical foot back even further until it will not go any more. Be careful to keep the surgical foot and knee straight rather than letting it twist in. Hold

for 10 seconds, then release it. Repeat this 30 times. Do this every morning, afternoon, and night.

KNEE EXTENSION



Sit on a chair with the heel of the surgical knee on a hard/firm structure (this could be a step stool or large hard books; you do not want to do this on a structure that allows your heel to sink in such as a mattress or cushioned foot rest). Sit with your surgical leg straight out with your heel on the stool. Contract your thigh muscles to further straighten the knee.



Then, place your hands directly onto your thigh above your knee cap and push the knee straight down so that the leg gets even straighter until it will not go anymore. Hold for 10 seconds,

then relax slowly. Repeat this 30 times. Do this every morning, afternoon, and night.

BICYCLE



Adjust the seat so that your surgical leg is fully extended when your foot is on the pedal (you may need to raise the height of the seat). At first you will not be able to rotate your knee through a complete cycle.



Simply rotate the pedal back and forth and with time you will be able to bend the knee enough to rotate your foot through a complete cycle.

DO NOT DO ANY OF THE FOLLOWING EXERCISES



No Squats



No Lunges



No Weight Lifting



No Stairs for Exercise