

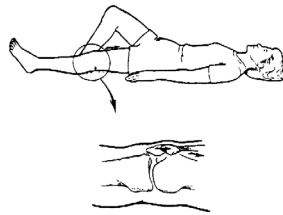
Patient Education

Exercise Training Center/Physical Therapy



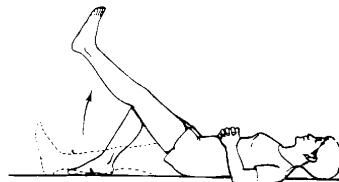
Post-Op Total Knee Exercises *Instructions*

Do your exercises regularly throughout the day to maintain and gain flexibility and strength. For the bending exercises, it may be helpful to use a cold pack before, during, and after the exercise.



Quad Sets/Extension - Exercise 1 of 6

1. Sit or lie on your back with operated knee straight
2. Tighten the muscle on top of your thigh and move your kneecap as shown
3. Hold 5-10 seconds
4. 10 repetitions, 5-10 times per day



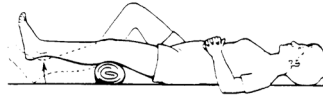
Straight Leg Raise - Exercise 2 of 6

1. Lie on back with operated knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it 12 inches
3. Hold 2-5 seconds and slowly lower
4. 10-20 repetitions, 3-5 times per day

Goal

Fully straight knee during the lift



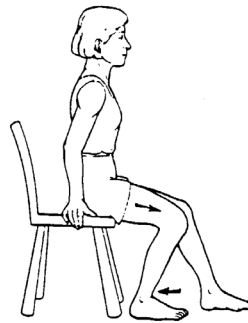


Short Arc Quad/Extension - Exercise 3 of 6

1. Lie on your back with a towel roll under your operated knee
2. Raise heel off floor until knee is straight
3. Hold 5 seconds and slowly lower
4. 10 repetitions, 5 times per day

Goal

Get knee as straight as possible

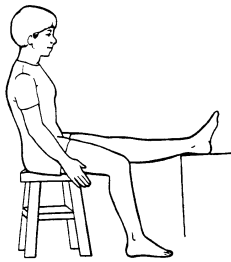


Knee Flexion – Exercise 4 of 6

1. Sit in a chair with the foot of your operated leg close to the base of the chair
2. Scoot forward toward the edge of the chair as far as you can to bend your operated knee so that you feel a stretch
3. Hold 10-30 seconds
4. 3-5 repetitions, 5 times per day

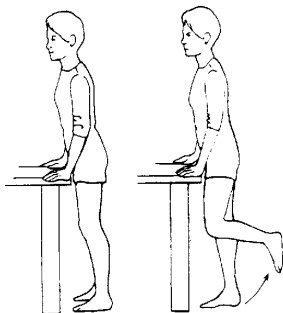
Goal

At least 90 degrees of bending



Knee Extension – Exercise 5 of 6

1. Sit with operated leg propped as shown
2. Relax, letting the leg straighten
3. Hold 30 seconds to 5 minutes
4. 2-3 repetitions, 5 times per day



Hamstring/Flexion - Exercise 6 of 6

1. Stand holding onto solid object as shown
2. Slowly bend your operated knee
3. Hold 2-5 seconds and slowly lower
4. 10 repetitions, 4-5 times per day

Goal

Bend knee on its own as much as possible



UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Exercise Training
Center/Physical Therapy

Box 354745

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830

Questions?

Call 206-598-2888

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff members are also available to help at any time.

Exercise Training
Center:
206-598-2888

Physical Therapy:
206-598-4835