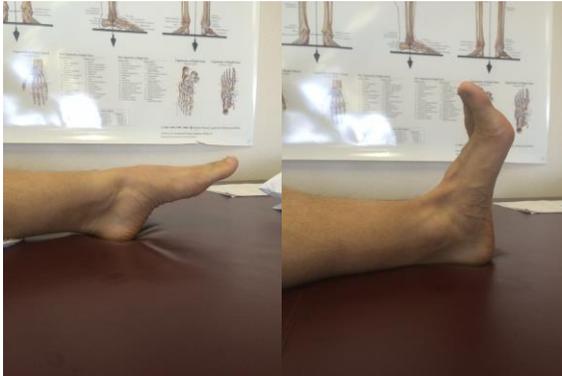
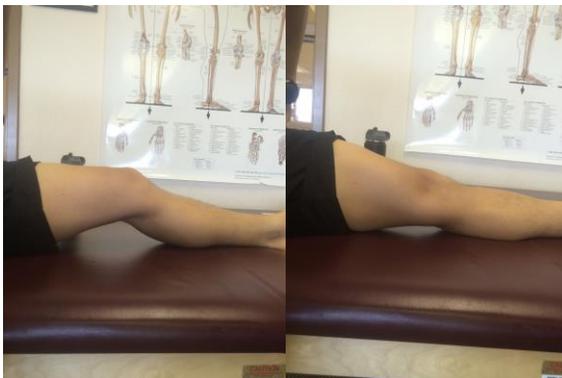


Total Knee exercises



Ankle Pump: Move foot away (point toes down), then pull foot back up (toes towards nose), go through full range of motion avoiding pain. Repeat 10x per set; Do ___ sessions per day.



Quad sets: Squeeze muscles above your knees by pushing the back of your knee down towards the table. Hold for 5 seconds; Repeat 10x per set; Do ___ sessions per day.



Short Arc Quad: Place a large can or folded up pillow under your surgical knee. Straighten leg by lifting your foot off the table and squeeze the muscles above your knee, hold for 2 seconds; repeat 10x per set; Do ___ sessions per day.



Straight Leg Raise: Bend non-surgical leg. Straighten surgical leg as much as possible by performing a quad set, then slowly lift leg up 10-12 inches off the bed, hold 2 seconds and slowly lower the leg keeping it straight. Repeat 10x; Do ___ Sessions per day.



Sitting Toe Taps: Bend surgical knee as far as it can comfortably, then tap your toes 5x. Bend your knee a little further and tap 5x more. Repeat 2-4x per set. Do ___ sessions per day.



Extension Stretch: with surgical leg propped on a pillow at the ankle, allow the leg to relax and feel a stretch on the back of the knee. Hold 30-60 seconds. Repeat 10x. Do ___ sessions per day.