

Total Knee Replacement Exercises

Instructions: Perform all 8 exercises **10 times** (or as you can tolerate), **2 to 3 times per day**. For the first 6 exercises, lie on a bed, facing up. For the last 2 exercises, use a chair to sit on.

If any of the exercises add to your pain or shortness of breath, stop and rest. Do less next time. Talk with your doctor or healthcare provider.



Use the **Exercise Diary** on page 4 to keep track of your progress. Place a checkmark beside each exercise that you have completed.

Additional Instructions:

MEDICAL DISCLAIMER: These exercises has been reviewed by the physiotherapy team at Humber River Health and are intended to supplement the individual instruction given to you.

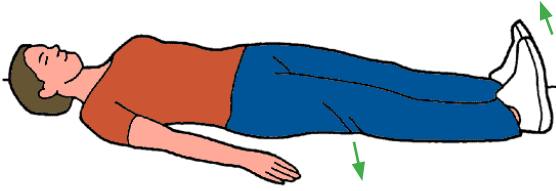
To reduce your risk of injury, always follow the instructions written here as well as the specific instructions from your physiotherapist before you perform the exercise. **Only do the exercises that your physiotherapist has recommended.** Some exercises may not be suitable for you. If you have any questions or concerns, contact your physiotherapist.

Physiotherapist name:

Tel.:



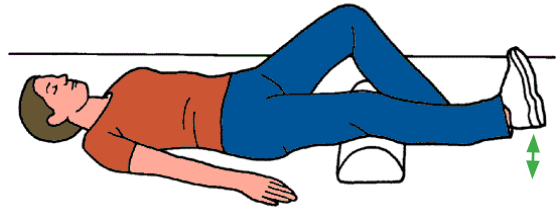
1. Static Knee Extensions (isometric quadriceps)



Pull your foot and toes up as you press your knees down firmly against the bed.
Hold for at least 5 seconds, then relax. Repeat.

Strengthens your front thigh muscles.

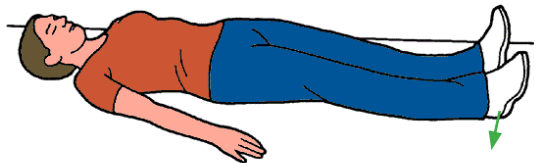
2. Quads-over-Roll



Place a roll under your knees.
Pull your toes up and raise your heel off the bed until your leg is straight.
Hold for at least 5 seconds and slowly lower heel back down. Relax and repeat.

Strengthens your quadriceps or thigh muscles.

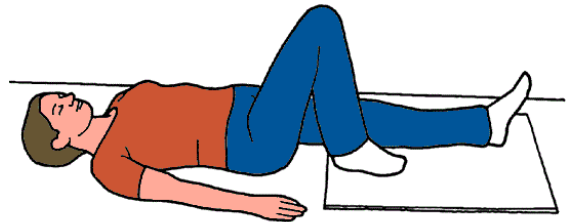
3. Static Hamstrings



Bend your knee slightly.
Push your heel into the bed and tighten the muscles on the back of your thigh.
Hold for at least 5 seconds, then relax. Repeat.

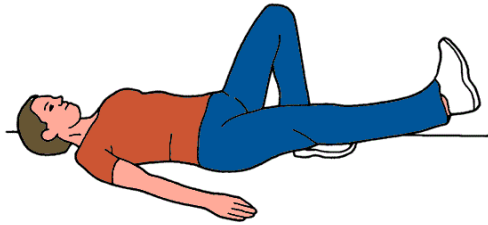
Strengthens muscles in the back of your leg.

4. Hip & Knee Flexion



Place an item, like a sliding board, under your foot.
Slide your heel up towards your buttocks.
Return to starting position and repeat.

5. Straight Leg Raise

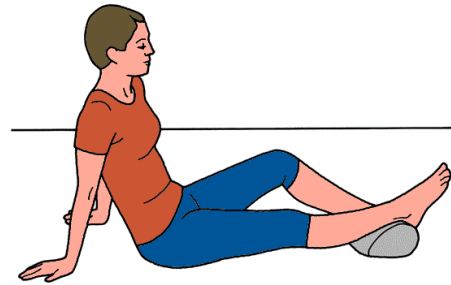


Lie on your back with your operated leg straight and the other leg bent.

With your straight leg, push your affected knee straight and pull your toes up until you have lifted your straight leg 20 cm off the bed.

Hold for about 5 seconds, then relax and repeat.

6. Seated or Lying Knee Extension



Place a rolled towel under your ankle.

Straighten your knee by tightening your thigh muscles. Push your knee towards the floor.

Hold for 5 seconds, then slowly relax.

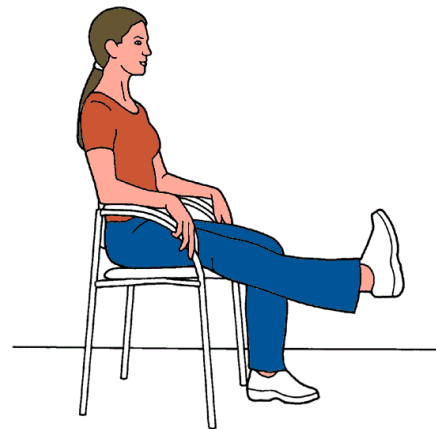
7. Seated Knee Flexion



Sit on a chair with your feet on the floor.

Bend your knee as much as possible. Hold for 5 seconds, then slowly relax.

8. Seated Knee Extension



Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds and then slowly relax your leg.

My Exercise Diary

Instructions: Place a checkmark every time you complete an exercise. You should be doing each of these exercises 2 to 3 times a day.

Exercises	Week of							Week of							Week of						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1. Static Knee Extensions																					
2. Quads-over-Roll																					
3. Static Hamstrings																					
4. Hip & Knee Flexion																					
5. Straight Leg Raise																					
6. Seated or Lying Knee Extension																					
7. Seated Knee Flexion																					
8. Seated Knee Extension																					