

6. Knee Motion Exercises:

- On post op day #1 you may begin knee range of motion exercises.
- This is performed by placing the non operated leg's foot under the lower calf/heel to hold the operated leg over the edge of a high chair or table in a sitting position.
- You can also use an office chair with wheels.
- The non-operative leg is then used to gently lower the operated leg to bend the knee.
- The leg is then straightened using again the non-operative leg to do all the work.
- Repeat 50 times, 4-5 times a day.



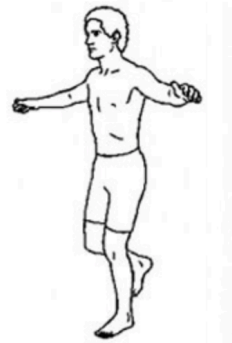
7. Heel Slides:

- Gentle exercise to improve knee flexion.
- Slow slide of heel towards buttocks.
- You should feel the hamstrings contract.



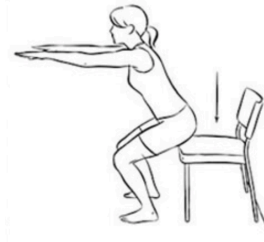
8. Single Leg Squat and Hold:

- Small single leg squat.
- Can be a static hold exercise or active movement.
- Hold for 10 seconds feeling lower quads contracting.
- Aiming for 10 repetitions, 5 times per day



9. Half Squats:

- Can use a chair or bench behind to act as stop.
- Concentrate on good control.
- Aiming for 20 repetitions, 3 times per day.



10. Exercise Bike:

- Low resistance to improve range of motion.
- Use hamstrings and quads.
- Increase time and resistance as rehab progresses.
- Can be used for rehab and for exercise.
- Excellent activity for improving quads muscle bulk.

11. Leg Press (in the gym):

- Remain within pain limits at all times.
- Very good for patella problems.



Knee Rehabilitation Exercises

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Simple knee exercises can greatly improve knee function before and after surgery.

These exercises should be done within the boundaries of pain. They should not hurt.

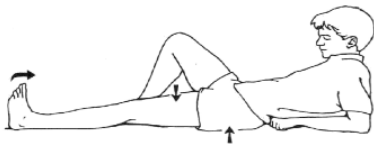
More repetitions done more frequently (ie multiple times per day) are of more benefit than a single prolonged session each week.

1. Ankle Pumps and Circles:

- Do this throughout the day to help the circulation in the lower leg.
- Especially important post-operatively

2. Quad Sets:

- Tighten the muscle on the front of your thigh, pressing the back of the knee into the bed.
- Hold for a count of ten and then relax.
- Begin 10 times each hour that you are awake.
- *If you are not getting your knee completely straight, place a small towel roll under you heel to help stretch into extension with these exercises.**



3. Hamstring Sets:

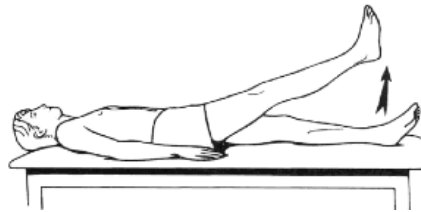
- Tighten the muscles on the back of your thigh by firmly pushing your heel into the bed.
- Hold for a count of 5-10, then relax.



4. Leg Lifts:

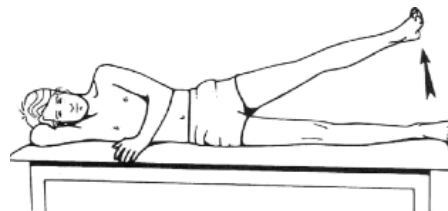
A. Back Lying Straight Leg Raise

- Do a quad set first to activate your muscles, then raise your leg about 30cm off of the bed.
- Slowly lower the leg.
- Keep the opposite leg on the bed. The knee of the opposite leg can be bent if that is more comfortable.
- Start with one set of ten leg lifts, three to four times per day.
- Gradually increase in the first week to 50-100 leg lifts per day.
- Remember complete straightening of the knee is crucial.



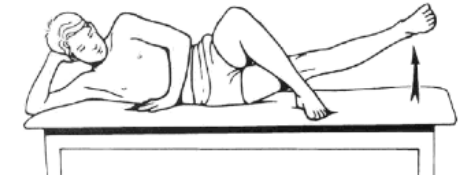
B. Side Lying

- Lying on the non-operated side with the pelvis rolled forward, raise the leg up and back 30cm.
- Hold it for a count of 5-10 and then slowly lower the leg.
- Repeat 10 times



C. Side Lying

- Lying on the operated side with the pelvis rolled forward, raise the leg up and back 20cm.
- Hold it for a count of 5-10 and then slowly lower the leg.
- Repeat 10 times.



5. Prone Hangs:

- Lying on the bed on your stomach, scoot down the bed so that the edge of the bed is above your knee and the lower leg is freely hanging over the edge.
- Relax and allow the leg to hang so that the knee is stretched to a straight position.
- Do this for 10 minutes, 4 times a day.
- Eventually, this exercise will be done with a light ankle weight.

