

KNEE REPLACEMENT STRENGTHENING EXERCISES

These physical therapy exercises are a starting point for you. It will be beneficial for you to practice these exercises prior to your surgery, if they do not cause you increased pain or discomfort. Total knee replacement surgery requires a strong commitment from each patient to achieve the desired results. Exercise is a very important part of the process.



Mini Squat with Counter Support

Repeat 10 times. Perform 2-3 times per day.

Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

Supine Straight Leg Raise

Repeat 10 times. Perform 2-3 times per day.

Setup

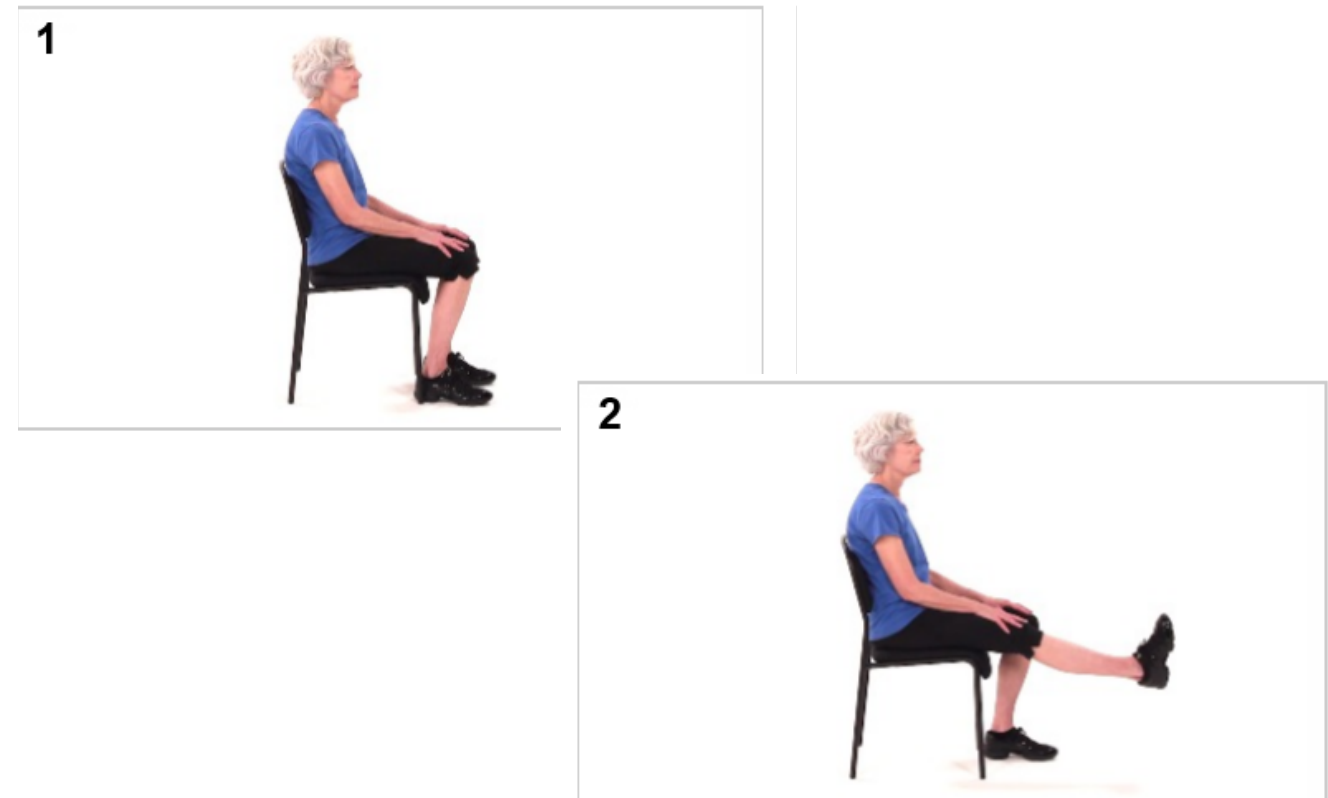
Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.



Seated Long Arc Quad

Repeat 10 times. Perform 2-3 times per day.

Setup

Begin sitting upright.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

