

Home Exercise Program — Following Knee Surgery

These exercises help you regain motion and strength after knee surgery. Move slowly and stop if you have sharp pain.

Your goal is to achieve full knee extension as soon as possible. When resting, do not rest the knee on a pillow in a flexed position. Place the pillow behind the heel and nothing beneath the knee, thereby forcing your knee into a “stretched,” or fully straight, position.

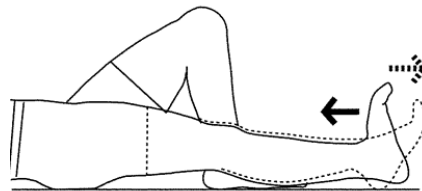
Perform ten (10) repetitions of each exercise, three times daily.

Range of motion — as prescribed by your surgeon:

- ☐ Full, unrestricted range of motion
- ☐ Range of motion from ____ to ____ degrees for ____ weeks

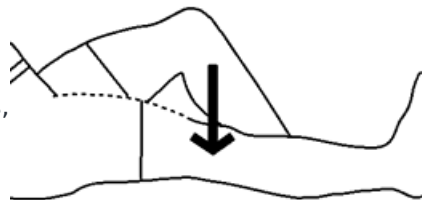
1. Ankle Pumps

- Move your feet up and down and in slow circles.
- Keeps blood moving and helps prevent clots.



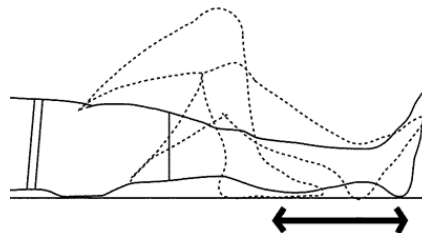
2. Quadriceps Setting

- Tighten the muscle just above your knee by straightening the knee fully.
- Press the back of your knee down into the bed. Hold for 5 seconds, then relax and repeat.



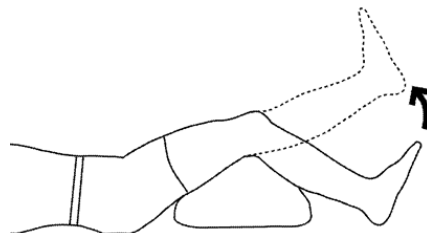
3. Hip & Knee Bending (Heel Slides)

- Lying on your back, slide the heel of the operative leg up toward you so the hip and knee bend, then slide it back down.
- Gradually work to increase how far the knee bends.



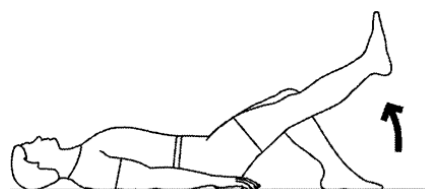
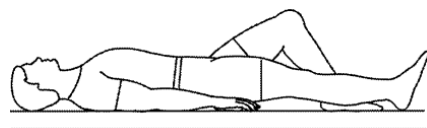
4. Knee Straightening (Short-Arc Quad)

- Place a small rolled towel under your knee.
- Straighten the knee by lifting your foot off the bed. Hold 5 seconds, then slowly lower.



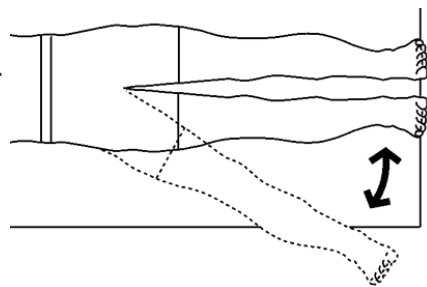
5. Straight Leg Raise

- Bend your good leg so the foot is flat on the bed.
- Keeping the operative knee fully straight, lift the leg up, then slowly lower it to the bed.



6. Supine Hip Abduction

- Keeping your knee straight, slide the operative leg out to the side.
- Bring it back in toward the other leg.



7. Side-lying Hip Abduction

- Lie on your side with the operative leg on top.
- Lift it 2-3 inches, hold for 3 seconds, then slowly lower.



8. Active Knee Bending (Seated)

- Sit with both feet flat on the floor.
- Slide the operative foot back as far as you can. Hold 10 seconds, then relax and slide forward.

